



GLORIOUS GROUSE

www.moorlandassociation.org



Glorious Grouse

For chefs and diners throughout the length and breadth of the United Kingdom, the beginning of August signals the start of the shooting season and the availability of glorious grouse. This is eagerly anticipated as it allows chefs a chance to prepare the king of game birds to grace their menus.

The sub-species *Lagopus Lagopus Scoticus*, or the red grouse, is unique to the uplands of Britain – and only those parts which support heather moorland, itself an endangered habitat. Grouse are highly prized by top restaurants and on the Glorious Twelfth estates and restaurants compete to get the first bird to the table.

The experience of tasting grouse for the first time can never really be anticipated. It's rarely what the diner expects. Once tried, it's never forgotten. The meat is dark and full flavoured – almost musky – with little or no fat. It owes a lot of its exquisite, rich and gamey flavour to the heather on which the birds graze. Most chefs find that their grouse recipes need little additional flavouring. The classic way to serve the bird is roasted with bread sauce and game chips.

The preparation required to provide grouse for the table starts years before the first bird ever sees the inside of an oven. For the wild birds to flourish the moors must be managed to provide the ideal habitat. Without active management the moorland would simply revert to a bracken-covered wasteland.

It is believed that approximately 1.4m hectares of land are nurtured specifically for grouse. The work to maintain the moors benefits other wildlife as well. The size of breeding populations of rare golden plover, dunlin, lapwing and curlew, for instance, are stable on grouse moors while they are disappearing elsewhere in the UK.

In 2012/13 an estimated 700,000 grouse were shot across the UK and almost all will reach the table. This is an indication of the value of this glorious bird.



INGREDIENTS

2 grouse
2 oz bacon fat
2 onions
Beurre manié
1/2 head celery
Game stock

BRAISED GROUSE

1. Joint the birds and fry in the bacon fat until brown.
2. Place the onion and celery on the bottom of a casserole and the bird on the vegetables.
3. Pour in enough stock just to cover the bird and cook slowly for 2 hours.
4. Thicken with the beurre manié and adjust the seasoning.

YOUNG LANCASHIRE GROUSE

1. Insert seasoned butter into a dressed young bird (hanging isn't necessary for that seasons bird) and cover the breast with bacon. Place in a roasting tin in a pre-heated oven at 200 degrees. Cook for 20-30 minutes depending on the size and remove the bacon 10 minutes before finishing to allow the breast to brown.
2. Be careful not to over cook, the bird should be served just pink and allow it to rest whilst finishing the bread sauce and accompaniments.
3. Serve with bread sauce, game chips, roasted potatoes, garden peas and redcurrant jelly.

INGREDIENTS

1 young grouse
Bacon
Butter
Bread sauce

INGREDIENTS

2 grouse
1 cup red wine
2 rashers fat bacon
1 cup game stock
2 oz Butter
Bouquet garni
2 tbs oil
2 tbs brandy
4 shallots chopped
Parsley chopped
2 carrots chopped
Lemon butterflies
Salt
Pepper
Beurre manié

CASSEROLED GROUSE

1. Clean the birds and tie a rasher of fat bacon round each bird.
2. Heat the butter and oil together and fry shallots and carrots.
3. Add the grouse and brown well all over. Pour over the brandy and flame.
4. Add the bouquet garni, wine, stock and seasoning and cook slowly for 2 hours.
5. Thicken with the beurre manié and adjust the seasoning.
6. Sprinkle with chopped parsley and garnish with lemon butterflies.
7. Grouse Grand'mere – garnish with fried croutons and mushrooms tossed in butter. Gourmet Grouse – garnish with foie-gras and truffles. Grouse Ancienne – flavour with crushed juniper berries and garnish with fried croutons.

WHERE TO BUY GROUSE

ENGLAND EAST OF ENGLAND

ONLINE/PHONE ORDERING

Farm 2 Table

Tel: 01279 219 189
www.farm2table.co.uk

Jolly Meat Company

Tel: 01473 810 119
www.jollymeat.co.uk

LML meats

Tel: 07812 580 765

Radwinter Wild Game

Tel: 01799 599 883
www.radwinterwildgame.com

Wild Meat Company

Tel: 01728 687 627
www.wildmeat.co.uk

SHOP/PHONE INQUIRIES

Ben Rigby Game

Atherstone Lodge, Fambridge Road,
Mundon, Maldon CM9 6NL
Tel: 01621 741 971
www.benrigbygame.co.uk

Bradwell Butchery

6 Crab Lane, Bradwell, Norfolk
NR31 8DJ
Tel: 01493 661 473
www.bradwellbutchery.co.uk

Harveys Pure Meat

63 Grove Road, Norwich NR1 3RL
Tel: 01603 621 930
www.puremeat.org.uk

LONDON

ONLINE/PHONE ORDERING

Allens of Mayfair

Tel: 0207 499 5831
www.allensofmayfair.co.uk

RS Ashby

Tel: 0207 231 4568
www.rsashby.co.uk

C Lidgate

Tel: 0207 727 8243
www.lidgates.com

Fine Food Specialists

Tel: 0207 622 0502
www.finefoodspecialist.co.uk

Godfreys Co

Tel: 0207 226 2425
www.godfreys.co/

Hampstead Butcher

Tel: 0207 794 9210
www.hampsteadbutcher.com

Keevil and Keevil

Tel: 0207 236 1888
www.keevilandkeevil.co.uk

London Fine Meats (Melfar Meats)

Tel: 0845 900 0334
www.londonfinemeats.com

O'Shea's Butchers

120 Druid Street, London SE1 2HH
Tel: 0207 064 1712
www.osheasbutchers.com

SHOP/PHONE INQUIRIES

Husseys

64 Wapping Lane, London
E1W 2RL
Tel: 020 7488 3686
www.husseyswappinglane.co.uk

Macken Bros

44 Turnham Green Terrace, London
W4 1QP
Tel: 0208 994 2646
www.mackenbros.co.uk

Morley Butchers

23 Broadway Parade, Crouch End,
London N8 9DE
Tel: 0208 340 2436
www.morleybutchers.co.uk

MIDLANDS

ONLINE/PHONE ORDERING

Alternative Meats

Tel: 01948 871 200
www.alternativemeats.co.uk

Exotic Meat

Tel: 0115 920 9210
www.ankmarvin.com

Exotic Meats

Tel: 08450 94 84 14
www.exoticmeats.co.uk

Owen Taylor and Sons

Tel: 01773 603 351
www.owentaylor.co.uk

Willo Game

Tel: 01588 650 119
www.midshiresfoods.co.uk

SHOP/PHONE INQUIRIES

Ernest W Edge & Son

54-56 Handbridge, Chester
Tel: 01244 675 156
www.chestersbutcher.com

Lincolnshire game

The Steyning, Swineshead,
Lincolnshire PE20 3NQ
Tel: 01205 822 882
www.lincolnshiregame.co.uk

Peterborough Game

Roman Bank, Bourne, Lincolnshire
PE10 9LQ
Tel: 01778 393 813

Walls Butchers

Wilton House, Corvedale Road,
Craven Arms, Shropshire SY7 9NL
Tel: 01588 672 308
www.wallsbutchers.co.uk

W H Frost Butchers

12-14 the square
Manchester
Tel: 0161 881 8172

NORTHERN ENGLAND

ONLINE/PHONE ORDERING

Albert Matthews

Tel: 0161 341 0528
www.albertmatthews.com

Cartmel Valley Game

Tel: 01539 536 413
www.cartmelvalleygamesupplies.com

L & A Dent Game Dealers

Tel: 01969 640 305
www.dent-game-dealers.co.uk

Farmison & Co

Tel: 01765 601 226
www.farmison.com

Furness Fish and Game

Tel: 01539 559 544
www.furnessfish.co.uk

JW Mettrick and Sons

Tel: 01457 852 239
www.mettricksbutchers.co.uk

Oven Ready Grouse

Tel: 01833 621 043
www.ovenreadygrouse.co.uk

Ridleys Fish and Game

Tel: 01434 609246
www.ridleysfishandgame.co.uk

Soanes Poultry

Tel: 01377 217 243
www.soanespoultry.co.uk

Stokesley Butchers

Tel: 01642 722 245
www.stokesleybutchers.co.uk

Teesdale Game

Tel: 01833 637 153
www.teesdalegame.co.uk

Yorkshire Game

Tel: 01748 810 212
www.yorkshiregame.co.uk

SHOP/PHONE INQUIRIES

Country Butchers

11A Leeds Road, Harrogate, North
Yorkshire HG2 8AW
Tel: 01423 502 582
www.country-butchers.com

SOUTH EAST ENGLAND

ONLINE/PHONE ORDERING

Chanctonbury Game

Tel: 01903 877 551
www.chanctonburygame.co.uk
Farmers Choice
Tel: 01489 583 828
www.farmerschoice.co.uk

Hamiltons Fine Foods

Tel: 01983 526 098
www.hamiltonsfinefoods.co.uk

Hampshire game

Tel: 01264 730 339
www.hampshiregame.co.uk

SHOP/PHONE INQUIRIES

Blackmore Game

Wield Wood Farm, Upper Wield,
Alresford SO24 9RU
Tel: 01420 563 831
www.blackmoorgame.co.uk

Sole Butchers of Alresford

5 Broad Street, Alresford
SO24 9AR
Tel: 01962 735 221
www.solebutchersofalresford.co.uk

Stansted Park Farm Shop

Tel: 02392 413 576
www.stanstedfarmshop.co.uk

Turners Game

Tel: 01227 722 249
www.turnersgame.com

Vicars Game

Casey Fields Lane, Ashampstead
Reading, RG8 8SJ
Tel: 01635 579 662
www.vicarsgame.co.uk

SOUTH WEST ENGLAND

ONLINE/PHONE ORDERING

Celtic Fish and Game

Tel: 0800 018 7470
www.celticfishandgame.co.uk

M C Kelly

Tel: 01363 84545
www.mckelly.co.uk

Palmers of Tavistock

Tel: 01822 612 000
www.tavistockbutchers.co.uk

Wiltshire Country Fayre

Tel: 01225 761 705
www.wiltshirecountryfayre.co.uk

SHOP/PHONE INQUIRIES

Dorset Game Larder

Crab Farm Cottages, Shapwick,
Blandford, Dorset DT11 9JL
Tel: 01258 857 206
www.thedorsetgamelarder.co.uk

SCOTLAND

ONLINE/PHONE ORDERING

Aberdeenshire Larder

Tel: 01358 727 850
www.aberdeenshirelarder.co.uk
(deliveries in Scotland)

Ardgay game

Tel: 01863 766 162
www.ardgaygame.co.uk

Blackface Meats

Tel: 01387 730 326
www.blackface.co.uk

Burnside Farm Foods

Tel: 01573 229 890
www.burnsidefarmfoods.co.uk

Donald Russell

Tel: 01467 629 666
www.donaldrussell.com

George Bower Butchers

Tel: 0131 332 3569
www.georgebowerbutchers.co.uk

John Davidsons

Tel: 01467 621 212
www.johndavidsons.com

Lochaber Game

Tel: 01397 772 042
www.lochabergameservices.co.uk

Kezie foods

Tel: 01361 884 006
www.keziefoods.co.uk

Macbeths

Tel: 01309 672 254
www.macbeths.com

SHOP/PHONE INQUIRIES

Hubertus Game

Ferry Road, Pitlochry PH16 5DD
Tel: 01796 473 824
www.hubertusgame.com

WALES

Welsh Food Box Co

Tel: 07411 192 048
www.welshfoodboxcompany.com

This is a partial list compiled to assist with the buying of game. It does not claim to be a full list of all suppliers, nor does it make any recommendation for a particular supplier. We would be happy to add additional suppliers as appropriate, to do so please call Annette Cole on 07584 685 141.