

YORK FOOD FESTIVAL
ANDREW PERN'S COOKERY DEMONSTRATION:
FRIDAY 28TH SEPTEMBER, 12 NOON

**Risotto of Local Shot Partridge with Braised Chestnuts,
Black Trumpet Mushrooms, Wilted Curly Kale and White Truffle Oil**
(Serves four)

Ingredients

2 breasts of grey-legged (or red-legged) partridge, skin off, 1cm dice
16 braised chestnuts or vac-packed
100g roughly chopped curly kale
300g Arborio risotto rice
1 shallot peeled and finely chopped
Olive oil
600ml good game stock
50g unsalted butter
50g cleaned Black Trumpet mushrooms
100g cooking cheddar
5ml white truffle oil
100ml whipping cream
50ml dry sherry

Method

Sweat the shallot in a drop of olive oil in a heavy bottomed pan without colouring only for 1 to 2 minutes, add the rice, stir briefly again, add 500ml game stock, cook out the rice, stirring all the time, so it doesn't stick, most of the stock will have evaporated.

In a separate pan shallow-fry the partridge in a little oil to lightly colour only for 2 to 3 minutes, add a splash of sherry, then tip this into the rice pan, add the cooked chestnuts, mushrooms, curly kale, cheese and cream, check the consistency and seasoning. The rice should be 'al dente' (firm to the bite), stir in the butter, spoon into warm bowls and drizzle with a little white truffle oil. Serve immediately.

Roast Grouse with Orchard Apple Purée, Mulled Brambles and Sloe Gin Juices
Serves: four

Ingredients

4 young grouse, oven ready
Seasoning
4 slices of pancetta
3 cooking apples
100g sugar
100ml mulled wine
100g brambles
50ml sloe gin
100ml veal stock

Seasoning

Method

Preheat the oven to 180°C/Gas Mark 4.

Place the grouse on an oven tray, season, then take the pancetta and cover over the bird's breasts, to keep them moist, and roast for about 16 to 18 minutes. Then remove from the oven and leave to rest.

To make the apple purée, first peel and core the apples, then cut each apple into quarters. Place the apples into a small saucepan adding a little water and the sugar, then bring to boil and cook until very soft. Purée in the food processor until smooth.

Bring the mulled wine to the boil, then place the brambles in a small dish and cover with the wine, leaving to cool and take on the flavours of the wine.

For the sauce, heat the veal stock and reduce by half. At this point, add the sloe gin, which will add a rich and fruity flavour to the sauce.

To serve, take the breasts and legs off the birds and keep warm, spoon the apple purée on to the plate and place two breasts and legs on each plate, spoon the mulled brambles around the plate and finish with the sloe gin sauce, adding the pancetta to garnish on top.

n-roast Saddle of Roe Deer with Ginger Parkin, Poached Elderberries, Spiced Carrot Purée, Traditional Yorkshire Sauce

Serves: four

Whilst the main course recipe requires only a relatively small quantity of Parkin and you could purchase a good quality version, I have included the full recipe for this Yorkshire speciality, as it also makes a great pudding, particularly when served with Rhubarb Ripple Ice Cream and Hot Spiced Syrup!

Ingredients

4, 250g roe deer saddle steaks
A little rapeseed oil for frying
Seasoning
80g Ginger Parkin (see recipe below)

For the Purée:
6 carrots
A little milk
Seasoning
2 tsp mixed spice
Grated zest of ½ orange

For the Yorkshire Sauce:

200ml red wine
100g redcurrant jelly
Zest of ½ orange
Juice of one orange
75ml veal jus
A splash of rapeseed oil
75g elderberries

Method

Preheat the oven to 200°C.

For the Yorkshire Sauce, peel the remainder of the orange, remove the white pith and discard. Cut the zest into julienne strips and place in a saucepan with the red wine and redcurrant jelly. Juice the orange and add to the pan, reducing the liquid to a syrupy consistency.

For the carrot puree, peel and slice the carrots, then place in a pan with a little milk. Cook until very soft, then drain, season the carrots and blitz in a food processor to puree consistency. Finish with the mixed spice.

Season the deer and fry off in a little rapeseed oil for 2 to 3 minutes per side, then place in the oven for another 2 minutes. Remove and allow to rest. Keep warm.

Warm the Parkin gently.

To serve, slice the deer onto the plate and spoon on a little carrot puree. Break the parkin in to pieces and arrange on the plate. Drop the elderberries into the Yorkshire Sauce and warm through, then spoon over the deer. Serve immediately.

Baked Ginger Parkin

(Makes a 20cm square cake – Serves 8)

Preheat the oven to 140°C, Gas Mark 1

Ingredients

100g Self Raising flour

Pinch of salt

2 tsp ground ginger

½ tsp ground nutmeg

½ tsp mixed spice

75g oatmeal

175g golden syrup

50g black treacle

100g butter

100g soft brown sugar

1 beaten egg

2 dessertspoon milk

Method

Sieve together flour, salt, ginger, nutmeg and mixed spice. Mix in the oatmeal. Melt down the syrup, treacle, butter and sugar and simmer but don't boil. Then stir in the dry mix and blend together. Add the beaten egg and milk to the mixture to create a soft almost pouring consistency. Pour into a greased tin. Bake for 1¼ hours until firm in the centre.

When cooked allow to stand for ¼ hour before turning out. This can then be served. However, if kept in an airtight container, it will, like a good wine, improve with age. For best flavour, leave for three weeks.