

How to roast a Grouse



Photo credit: Basia Wright Photography

When that Glorious time of year arrives, there is no better precious meat to cook than whole roasted grouse. An incredibly simple but truly special and impressive meal for loved ones. Please keep in mind there are 2 grades of grouse:

Young: this years hatchlings
Older: hatchlings from last year and older

The older the bird, the tougher the meat. Make sure you order young birds when simply roasting and searing. The older birds are wonderful for pies, stews, casseroles, curing etc. Grouse is best eaten medium to med-rare. They are wild birds so safe to eat this way.

Ingredients

1 x young grouse oven ready
1 pinch x salt
½ tsp x veg oil

Method

Massage the bird with oil and salt.
Sear the outside of the bird in a heavy bottomed frying pan to get a nice golden colour.

Place the bird on a roasting tray & into the oven
at 170C for 10mins.

Serve with a side of red currant jus and roasted
veg.