

Welcome to the South East's Christmas Special newsletter. Its about now that a lot of you are planning your Christmas Dinners so in this issue we will take you for a little culinary walk in the wild and have a look at health benefits of certain game meats that may be taking a seat on your dining tables this year. Enjoy!!

**Neel Radia, South East Chair**

## Christmas Dinner Game Plan

Wondering what your cooking this Christmas? Want to try something different but not sure what? Who better to speak to than one of our members Era Varellas who is highly known for her culinary skills in the kitchen as well as her acquired taste? During an interview with Era, Era revealed that over Christmas she usually makes Goose and Pigeon. Goose for Christmas day mainly because the grand children enjoy it and pigeon and pheasant for Boxing Day. In this Christmas Special edition with the inspiration and help from Era, we are going to take a look at a few different game meats cooked by Era through out the year and have a look at there health benefits. This will be followed by Eras special recipe of WOOD PIGEON cooked Cypriot style. Enjoy....



### **HARE**

**Health Benefit:** This meat contains dense protein with high levels of Vitamin B3 – A key Nutrient in Brain health.

**Tastes:** As it looks: Dark and rich with a robust, strong flavour.

**Cooking:** Flash fry the saddle rare or put the legs in a casserole with red wine.

### **QUAIL**

**Health Benefit:** Quail is a great source of copper, vitamin C, Iron and various B Vitamins, which are all important for generating energy.

**Tastes:** Delicate and sweet

**Cooking:** Cover with bacon and grill says our Era



### **VENISON**

**Health Benefit:** Venison is extremely high in Vitamin B12, which keeps your metabolism in good shape

**Tastes:** Like a sweeter version on beef

**Cooking:** Keep it pink says our Era and pepper the meat before serving with roasted beetroot and applesauce.



## PIGEON

**Health Benefits:** Pigeon is high in Iron, zinc and selenium.

**Tastes:** Sweet and nutty, younger birds are tenderer.

**Cooking:** Roast quickly to avoid any drying out its best to buy wild wood pigeon as our Era does.

Thank you to Era Varellas and British Association of Shooting and Conservation for providing information to help write this article.

## WOOD PIGEON Cypriot style

1 Wood pigeon, plucked & gutted  
Olive oil - shallow fry  
4 cloves of garlic, peeled  
1 cinnamon stick, cut into 3 or 4 pieces  
Salt  
Red Wine

- 1 Cut the wood pigeon into pieces on the bone 2 legs, 2 thighs, 2 winglets, and the 2 breasts in half.
- 2 Heat the olive oil in a saucepan and add the pigeon pieces until brown on both sides.
- 3 Add the garlic cloves, cinnamon sticks, salt and cover with red wine.
- 4 Bring to the boil and then gently simmer for 35mins.

\*Pheasant can also be cooked this way and in the Varellas household is a Boxing Day favourite!

## Dates for your diary in 2011:

23<sup>rd</sup> March 2011 – South East Seminar and Care Cook Offs @ Unilever Head Office, Leatherhead

15<sup>th</sup> June 2011 – SE Seminar @ Royal Windsor Race Course, Windsor sponsored by Rational UK.

28<sup>th</sup> September 2011 – SE Seminar, TBC

25<sup>th</sup> November 2011 – Joint seminar with LACA London & Christmas Party

## Tina Welch Community & Care Catering Awards 2010

Congratulations to John Figgins from East Sussex County Council who won the Tina Welch Memorial Award for the 2<sup>nd</sup> year in the Row. John gave a presentation at our last Christmas meeting alongside our 2<sup>nd</sup> finalist Carole Dormer from Sanctuary Care who came in very close 2<sup>nd</sup> place. Congratulations to you both. For all of you who didn't make it to the finals this year please do not be disheartened as there is always next years award that will be launched a bit earlier in March 2011.

The NACC South East Committee would like to wish all members a

**MERRY CHRISTMAS AND A HAPPY NEW YEAR**

We look forward to welcoming you all back in 2011

Neel, Catherine and Joanne

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