

Pan-fried Grouse with Marsala Sauce and Wilted Kale

INGREDIENTS

For the grouse (fresh from our very own moors!)

- 6 slices pancetta
- 2 grouse breasts
- Salt and freshly ground black pepper
- Small handful sage leaves
- Olive oil
- Butter, for frying

For the sauce

- 2 tbsp olive oil
- 1 garlic clove, peeled and crushed
- 2 shallots, peeled and finely sliced
- ½ chilli, finely chopped
- 4 tbsp Marsala wine
- 2 tbsp rowan jelly (alternatively use redcurrant or blackcurrant jelly)

For the kale

- 1 tbsp olive oil
- Knob of butter
- 2 garlic cloves, peeled and crushed
- 300g/10½ oz curly kale
- 100ml/3½ fl oz chicken stock

METHOD

1. For the grouse, lay three slices of pancetta on a board, overlapping slightly. Place a grouse breast in the centre, season with salt and pepper and place a few sage leaves on top. Wrap up the breast in the pancetta. Repeat with the other breast.
2. In a frying pan, heat 1-2 tablespoons olive oil and fry the grouse for 2-2½ minutes on each side. Add a knob of butter and, when it has melted, baste the breasts. Remove from the heat and set aside to rest.
3. For the sauce, heat the oil in a pan and gently fry the garlic, shallot and half the chopped chilli for a few minutes to soften. Add the Marsala and rowan jelly. Season to taste with salt and freshly ground black pepper. Reduce the heat and simmer until the sauce has thickened.
4. For the kale, heat the oil and butter in a pan and gently fry the garlic and the reserved chilli for two minutes. Add the kale, stir in the stock and cook for 2-3 minutes, or until the kale has wilted.
5. To serve, spoon the kale onto serving plates and place the grouse alongside. Drizzle with the sauce.