

Recipes

Braised Grouse with Bacon and Sage

Ingredients

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| 4 boneless, skinless grouse breast halves | 4 cloves chopped garlic |
| 8 slices of bacon | 1/2 teaspoon salt |
| 1 cup chicken broth | 1 tablespoon chopped sage |
| 1 cup white wine | ground black or white pepper to taste |
| 1/2 cup chopped shallot (or 1/4 cup red onion) | 3 tablespoons flour |

Directions

Preheat oven to 325 degrees. In a large, oven-proof skillet (i.e cast iron fry pan) fry the bacon until almost crisp but not overly browned, over medium-high heat. Remove bacon and set aside. Leave 1-2 tablespoons of the bacon drippings in the pan and discard the rest.

Place the grouse breasts in the pan and brown them quickly, about 2 minutes per side. Remove the grouse from the skillet and wrap each grouse breast with 2 pieces of bacon, securing them with a toothpick if necessary.

Add the remaining ingredients to the pan and scrape up any bits off the bottom of the skillet with a wooden utensil. Remove from heat and add the grouse back

to the pan. Place the oven-proof skillet in the preheated oven and roast uncovered for 45 minutes. When done, remove the grouse from the pan and keep warm on a separate plate loosely covered with aluminum foil.

Put the skillet on a burner over medium heat and whisk the flour into the pan juices, stirring constantly until thickened. Serve the pan gravy over the grouse breasts. This dish tastes excellent over wild rice. Serves 4.

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