



Chef Shot to Table Top

Pan seared loin of hare, with a wild mushroom gateaux, and a red wine syrup.

Chef Mark Shakesby invited me into his kitchen to share with you all a deliciously simple, and incredibly tasty, recipe for hare. Though many are put off by it being hoppy and slightly cute, it's a game meat that can be found all year round and can cost as little as one bullet...

Ingredients:

Loin of hare (one per person)
Two handfuls of wild mushrooms
One red onion
Half a bottle of red wine
10oz of caster sugar

Method:

First we'll start with the easy bit; the red wine syrup consists of just two ingredients. Place half a

bottle of red wine and 10oz of caster sugar in a small saucepan and bring to a rolling boil for about 30 minutes. You are aiming to reduce the liquid until the syrup will coat the back of a spoon. If it gets too thick just return to the boil and add more wine.

To prepare the gateaux, roughly chop a large red onion and two handfuls of fresh wild mushrooms. These need to be teased and jiggled in a medium heat pan until the mushrooms have softened. You can't get this bit wrong, just cook them how they suit your palate.

Next up is our big-eared friend, Mr Hare. Mark prepares loins from hares he's shot himself, but working on the assumption that you let the butcher do the hard work we can jump straight to the cooking. For this you need a very hot pan, seasoned with salt and pepper, and a splash of olive oil. The loin needs 30

seconds on each side, followed by 4 minutes in an oven preheated to 240°C. Don't overcook game, it's prone to become dry.

To Serve:

A stainless steel ring will help you arrange the onion and mushroom into a little gateaux, but the dish doesn't look at all out of place if slightly 'rustic' in its presentation. Sliced into medallions the loin will sit casually on its bed of mushroom and onion, admiring the freshly-poured moat of red wine syrup.

So whether you unceremoniously pile it on a plate or present it like the expert, this dish will excite you. It's a speedy animal that's just as quick to the plate; fast food Lincolnshire-style.

Will Hawkes



THE FINISHED SYRUP COATING THE BACK OF A SPOON



BUILDING THE GATEAUX INSIDE A STAINLESS STEEL RING



THE LOIN HALF WAY THROUGH THE PAN COOKING STAGE

