SPICED PULLED PHEASANT



THE COUNTRY FOOD TRUST

Recipe kindly donated by
ARCHIE CLARK

Archie creates new recipes with a focus on using Game, sustainable fish like mackerel and local vegetables using the wonderful flavours of Kerala, to bring you fresh healthy and intriguing food, packed full of flavour.

INGREDIENTS

1kg pheasant meat (breast or thigh)
4 onions
8-10 cloves garlic
400g chopped tomatoes
Ginger, approx. 4cm
1 stick cinnamon, broken
2 tsp garam masala
2 tsp ground coriander
1 tsp turmeric
2 cans ale (old speckled hen)
4/5 dates
Salt & pepper to taste

SERVES

8 people

METHOD

- Using 24cm casserole or similar, fry onions with cinnamon, salt & pepper until translucent. Add pheasant meat after about 15 minutes until brown, then add spices. Make sure spices don't burn - to avoid this add small amounts of water.
- Blend ginger & garlic in food processor with a dash of warm water then add to pan. Continue to cook until fragrant, then add chopped tomatoes and ale.
- Bring to boil and allow to cook for about 10 minutes then place in pre-heated oven at 150 degrees. Cook for at least 2 hrs before stirring and add water if necessary. Continue to check every 15/20 minutes and once the meat starts to fall apart add dates to taste.
- Continue to cook until meat is completely tender. Then place pan back on a low heat to reduce, whilst pulling the meat apart to achieve 'pulled' texture.
- Serve topped with crispy kale and coriander aioli or simply with rice.

This recipe was kindly donated for our Charity Chefs. If you have enjoyed this recipe would you consider donating to The Country Food Trust? Details can be found at www.thecountryfoodtrust.org