SWEET AND SOUR PHEASANT



This is a British take on that variable sweet and sour that most high street Chinese restaurants serve.

METHOD

- First make the sauce: put the shallots, ginger, vinegar, honey, ketchup, soy sauce and chillies and stock in a heavy based saucepan and simmer until the liquid has reduced by one third. Stir in enough of the diluted cornflour to thicken it then add the chilli and simmer for a couple more minutes. The sauce should be a nice thick coating consistency, if not continue simmering until it's thickened.
- Meanwhile preheat about 8cm of oil to 160-180C in a large thick-bottomed saucepan or electric deep fat fryer.
- Have three bowls ready, one with the flour, seasoned, one with the buttermilk and one empty.
- Cut the breasts into rough 2-3cm chunks then coat them in the flour, shaking off any excess then through the buttermilk and back through the flour. Fry for a few minutes until crisp and golden, stirring as they are cooking with a slotted spoon. Remove from the oil and drain on some kitchen paper.
- To serve,transfer the pheasant to a warmed serving dish and spoon over the sauce and scatter a few sprigs of coriander over.

THE COUNTRY FOOD TRUST

Recipe kindly donated by

MARK HIX

Mark Hix's impact on British cuisine has been enormous, with many successful restaurants in his portfolio, cookbooks that number double figures and his unfailing support of British producers and suppliers still resonant today.

INGREDIENTS

4 skinless pheasant breasts
Salt and ground black pepper
1tbs soy sauce
Vegetable or corn oil for frying
For the batter
200g Self-raising flour
120g buttermilk or yoghurt
For the sauce
2 large shallots, peeled, halved and finely chopped
50g root ginger scrapped and grated
50ml chinese black vinegar
2tbs clear honey
1 tbsp tomato ketchup
200ml chicken stock
2 tbsp soy sauce
2 red chillies, trimmed and finely chopped
1tbs cornflour, diluted in a little water

SERVES 4 PEOPLE

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