



Monday 17th November ? Sunday 23rd November 2014 is

The countryside alliance pheasant week. So, needing nothing more by way of an excuse:-

Grilled Spiced Pheasant with Mango and Mint Dressing

As our beloved pheasant was imported from India initially, I thought we might go pseudo-Indian

Ingredients:

1 Pheasant, jointed into 2 boneless breasts and 2 legs

2 tbsp good quality mild curry powder

4 tbsp olive oil

Salt and pepper

Dressing

200ml thick Greek yoghurt

1 tbsp runny honey

1 tbsp white wine vinegar

Salt and black pepper

2 tbsp chopped fresh mint

½ ripe mango, finely chopped

1 tsp ground turmeric

Method:

- (1) Mix all the ingredients for the dressing and leave for the flavours to mingle for 30 minutes or more.
- (2) Place the pheasant pieces in a bowl add the curry powder and rub in well.
- (3) Preheat the grill to its hottest setting. Place the pheasant pieces on a non-stick baking tray and rub with oil, salt and pepper.
- (4) Place under the hot grill and cook for about 8-10 minutes on each side, or until the juices run clear when pierced with a knife or skewer, and the skin is brown.
- (5) Once cooked, remove from the grill and leave to rest covered with foil, for a couple of minutes. Serve hot with the mango and mint dressing spooned over the top.