

## PHEASANT CURRY



The key to this dish is using freshly ground spices. We use an old coffee grinder that belonged to my mother. They can be picked up in car boot sales for next to nothing these days and are incredibly useful.

Serves 4

### Ingredients

4 Pheasant breasts, sliced lengthways  
1 onion, chopped  
½ tin Full Fat Coconut Milk  
1 tbsp Tomato paste  
1 tsp Coriander seeds  
1 tsp Cumin seeds  
½ Cinnamon stick  
½ tsp Fennel seeds  
½ tsp Dried chilli  
1 tsp Turmeric  
1 knob Fresh ginger  
4 cloves Garlic  
1 bunch Fresh Coriander  
Rice to serve

**Method**

First, put all the whole seeds into a dry frying pan and roast over a high heat for a minute until the smell becomes pungent. Do NOT walk away or they will burn and keep tossing them around the pan.

Put all the spices into the coffee grinder and grind to a fine powder. Add the tomato paste and a tsp of the cream from the top of the coconut milk and whiz to a paste.

Fry the onion with the garlic and grated ginger in a touch of sunflower oil until soft then add the pheasant breasts. Once coloured, stir in the curry paste and cook out for a minute or two, then pour in the rest of the coconut milk. Cook for a few more minutes so that the pheasant is fully cooked, then season and sprinkle liberally with roughly chopped coriander.

**Note:** Join Our Game Cooking School--Learn how to make this and other delicious game recipes using fresh locally sourced ingredients at the Mike Robinson Wild Food and Game Cookery School. For further information please go to [www.wherewisemenshoot.com](http://www.wherewisemenshoot.com) or contact Richard on 07983 626761