

ROAST PHEASANT COOKED IN CIDER

Pheasant can tend to be on the dry side if it is roasted, so I think it's best to casserole is slowly in either wine or cider. The pheasant season is from 1st October until 31st January, and they are easily bought from your local butcher. Pheasant can be cooked whole or jointed, but I prefer to cook mine whole.

Serves 3.

Ingredients:

1 plump pheasant	2 tablespoons plain flour, seasoned
1 onion, peeled and sliced	300ml (½ pint) cider
2 sticks of celery, chopped	35g 1½ oz) butter
1 cooking apple, peeled, cored and chopped	300ml (½ pint) stock cube
225g (8 ozs) mushrooms	

Method:

Sprinkle the pheasant with the seasoned flour. Melt the butter and quickly fry the bird all over to seal juices. Remove the bird and lower the heat, add the onions and celery and cook for a few minutes, then add the mushrooms and apples and fry for a further 5 minutes. Strain off any surplus fat, add the cider and stock and bring to the boil. Return the pheasant to the pan or casserole dish, cover the lid and cook in preheated oven 180C, 350F, Gas Mark 4 for 1-1½ hours, until the meat is tender. Thicken the juices with a little cornflour, and serve as a separate gravy. Game chips go well with pheasant, but you can serve it with any vegetables of your choice.

**This recipe came from my latest cookbook 'Another Step Into My Kitchen'.
Evelyn Curtis.**