

PHEASANT

This strong seasonal recipe by Mike Robinson is taken from The Field Magazine. It is a delicious, garlicky-rich seasonal dish and perfect with seasonal vegetables.

Serves 4

Method

1. Pre-heat the oven to a high heat of around 230oC/450oF/Gas mark 8.
2. Then cut out the backbones of the pheasants and then cut the breasts in half through the front. If you don't have a cleaver or game shears to do this just ask your butcher or we can do this for the pheasants as well.
3. Soften the butter in your hands and then add the lemon, parsley and salt. Peel and finely chop or grate the garlic and add that too.
4. Mix the lot really well (it will be very pungent) and slather it over the halved birds, rubbing in well.
5. Put the bird halves onto a roasting tray and roast on the high heat for about 20 minutes. Then take them out and leave them to rest, spooning melted garlicky butter over them while they are resting.
6. Serve them after a good 10 minute rest.

INGREDIENTS

2 whole pheasants
250g (1 block) salted butter
2 lemons, juice and zest
Double handful of finely chopped parsley
1 tbsp of maldon salt
20 cloves of garlic

SERVING TIPS

Serve drizzled in the butter and with seasona