**PHEASANT KATSU CURRY**

INGREDIENTS

Serving 4

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|   | **For the Pheasant** |
| 500g | Pheasant breast |
| 100g | Tempura flour |
| 500g | Panko bread crumbs |
| 200ml | Sparkling water |
| 2g | Salt |
| 2g | Pepper |
|   | **For the Katsu Sauce** |
| 10ml | Rapeseed oil |
| 1 | Small onion, diced |
| 10g | Mild curry powder |
| 10ml | Chicken stock |
| 30ml | Low sodium soy sauce |
| 30ml | Agave syrup |
| 10g | Miso powder |
| 200ml | Water |
| 10g | Garlic puree |
| 300ml | Coconut milk |
| 5g | Ginger puree |
| 3mls | Concentrated lemon juice |
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| **Prepare the pheasant**Cut all the breasts into roughly 2cm wide strips, set aside and season.Prepare the breadcrumbsPut the sparkling water, flour and panko breadcrumbs into three separate bowls. If you like, you can split the water between 2 bowls.**Crumb the pheasant**Lay all the strips in the water (or the first bowl of water if using 2), then dip each strip into the flour, second water and then the panko breadcrumbs. Make sure each strip is thoroughly covered at each stage.**Prepare the Katsu Sauce**Put the onion, garlic, ginger, curry powder and miso into a frying pan and sweat for about 5 minutes until the onion is soft. Then add the rest of the Katsu ingredients and cook until the sauce has a thick and creamy consistency.**Cook the pheasant**Preheat oil to 170°C in the deep fryer, or a deep frying pan filled about halfway with oil. Fry the pheasant until golden brown. This should take about 5-8 minutes.**Serve the pheasant**Serve with sticky jasmine rice and the katsu sauceRecipe courtesy of www.eatwild.co  |