

Pheasant Breasts with Apples, Ginger and Calvados

Ingredients:

- 2oz Butter and 2 tbsp sunflower Oil
- Breasts from 4 pheasants
- 2 Onions or 4 Shallots very thinly sliced
- 4 good eating Apples – not golden delicious!
- 2 inch piece of fresh Root Ginger, cut into fine slivers
- 1 tablespoon of Plain Flour
- 1 pint Chicken Stock
- Salt and freshly ground Pepper
- 3 tbsp Calvados

Method:

Heat the butter and oil in a large flameproof casserole. Brown the pheasant breasts on each side, then remove them to a warm dish.

Add the sliced onions/shallots to the casserole and cook until they are soft and translucent.

Add the sliced apples and slivers of fresh ginger and cook for a minute or two.

Gradually add the stock, stirring continuously until the sauce boils.

Season with salt and pepper.

Replace the pheasant breasts in the casserole, cover with a lid and cook in a pre-heated oven 350°F/180°C (mod. oven) for 35 – 40 minutes.

Stir the calvados into the sauce just before serving. If calvados is not to hand, a good quality apple juice or cider can be used, although not quite as good.

(Basis of this recipe came from Lady Claire MacDonald's "The Best of Scottish Food and Drink").