

Roast Pheasant with Fennel and Apples

No comment, never tried it. But I do remember when we were kids that the smell of pheasant casserole filled the whole house when Ma made it, and I thought it smelt awful. (JoJo)

This is the ONLY way to eat pheasant in my opinion. I have often smuggled frozen ones through customs to get them back to France. (Becca)

Jojo is clearly insane. Pheasant casserole is amazing (Olly)

Serves 6 -8

Ingredients

2 small oranges
2 large cooking apples
1 tsp juniper berries, crushed
Soft butter
150ml / 5 fl oz carton sour cream
2 hen pheasants
2 fennel bulbs
180g / 6oz rindless streaky bacon rashers
140ml / ¼ pint dry vermouth

Method

Preheat the oven to 220°C. Spike the oranges all over and push them into the cavities of the pheasants. Spread apple slices over the bottom of a large roasting tin. Cut fennel across into thin rings and lay over apple. Scatter crushed juniper berries over and season with pepper and salt. Lay the bacon rashers on top. Smear the pheasants with the butter and place breast downwards on the bacon. Cook in the centre of the oven for 30 minutes. Turn the pheasants over to be breast upwards and pour the Vermouth into the pan. Put back in the oven until the breasts are browned and the pheasants are cooked. Remove the pheasants and bacon onto a carving board. Stir the soured cream into the apple and fennel mixture and heat on top of the stove for a few minutes. Put into a bowl to spoon the apple and fennel over the carved pheasants.

Alternatively, the pheasant can be carved/jointed in advance and placed into a large shallow serving dish with the apple and fennel mixture poured over then covered with foil and kept ready in a low oven until needed.