



Hillworth Pheasant Curry

Serves 4

2 inch fresh root ginger peeled and chopped
4 cloves garlic peeled
450 ml water
6 tbsp oil
10 cardomon pods
2 bay leaves
6 cloves
1 cinnamon stick
1 tsp ground coriander
2 large onions finely chopped
2 tsp ground cumin
3 tsp mild paprika
salt and freshly ground black pepper
2 tbsps freshly chopped coriander
6 tbsps natural yoghurt
6 pheasant breasts cut into 1 inch cubes

- Blend the ginger, garlic and 4 tbsps of the water in a liquidiser.
- Heat half the oil and lightly brown the pheasant and set to one side.
- Add the remaining oil and heat with the cardomon, bay leaves, cloves and cinnamon.
- Add the onions and cook until golden brown.
- Stir in the ginger and garlic paste and the remaining spices.
- Blend in the yoghurt and return the pheasant to the pan with the remaining water.
- Cover and simmer gently for 30 minutes, or until the pheasant is tender.
- Season and sprinkle over the fresh coriander.
- Serve with Naan bread or rice.