

GABRIEL MACHIN

Henleys favourite butcher since 1910

Pan fried Pheasant with Salsa Verde and Saffron Mash

Serves 4

4 pheasant breasts
2 tbsp olive oil
2 tbsp unsalted butter
Salt & freshly ground black pepper

Salsa Verde:

2-3 cloves garlic, peeled
1 tbsp capers left whole
4 pickled gherkins,
6 anchovy fillets, chopped
Small bunch flat leafed parsley
Small bunch basil leaves
Small bunch mint
2 tsp Dijon mustard
3 tbsp red wine vinegar
6-7 tbsp extra virgin olive oil
Salt & freshly ground pepper
700g potatoes

Saffron mash:

Milk
Salt & pepper
Knob of butter
Few saffron strands

To make the salsa put the garlic, capers, gherkins, anchovy fillets, herbs, mustard and about 1 tablespoon of red wine vinegar into a food processor.

Whizz together until roughly chopped.

Stir in the remaining vinegar, oil, season to taste. Cover the dish and leave for the flavours to develop.

Melt the butter in a heavy based frying pan add the oil and heat until almost sizzling. Season the pheasant breasts with salt and pepper. Put in the frying pan and fry for about 2-3 minutes on either side.

Infuse a few saffron strands in 1 tablespoon of hot water.

When the potatoes are cooked, drain well. Mash with enough milk to make the potato creamy. Season to taste and stir in the saffron and water.

Serve the pheasant breast with some of the salsa and mashed potato.

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