

Roast Pheasant

1 Pheasant
1 apple cored and chopped
½ onion chopped
2 lbs butter
Salt and freshly ground black pepper
3 slices dry cured streaky bacon
Game stock

Place the apple and onion inside the bird, together with 1 lb of the butter.

Pepper and a little salt over the bird and rub it over with the remaining butter

Cover the breast with the streaky bacon and place in a pre heated oven (about 180C/350F/Gas 4) baste the bird 2 or 3 times and cook for 1 hour.

The Pheasant is cooked when the juices run clear.

Allow the Pheasant to rest for 20 minutes before carving.

Use the juices from the Pheasant and Game stock to make the gravy, a little Port in the gravy gives it a great flavour, serve with seasonal vegetables

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