

GRIDDLED BREASTS OF PHEASANT WITH THYME AND CINNAMON

4 breasts of young pheasant (properly hung)
1 cinnamon stick
2tbsp. olive oil
2tsp. aged balsamic vinegar
Salt & pepper
Handful of fresh thyme leaves and sage leaves
Half a glass of red wine and a splash of port
A little well chilled unsalted butter to finish the sauce

Break up the cinnamon stick.

Lift fillet from underside of each breast & put in a sprig of each herb. Put the fillet back in place. Rub a little of the cinnamon onto the underside of the breasts. Season them. Rub the skins with olive oil.

Heat a griddle, cast pan or heavy frying pan & sear the breasts skin side down until golden.

Turn down the heat and continue cooking on the other side for about 7 or 8 minutes until cooked through but still slightly pink. Rest the breasts in a warm place.

Deglaze the pan with a little red wine and a splash of port and stir in all the crusty bits.

Add a little stock made from the bones and reduce until syrupy. Sieve into a clean pan.

Whisk in the butter a piece at a time until it is just enough to thicken the sauce and give it a gloss.

Serve with the cranberry compote.

CRANBERRY AND GINGER COMPOTE

225g / 1/2 lb. fresh cranberries
450g / 1lb. tiny shallots or pickling onions - peeled
2 tbsp. olive oil
zest from 1 orange
1 tbsp white wine vinegar
1 tbsp. dry sherry
2 tbsp. apple or crab apple jelly
1 large piece of fresh ginger

Heat oil in a pan and add shallots. Colour lightly

Bruise the ginger with a rolling pin or sharpening steel

Add the vinegar, sherry and ginger to the pan and shaking the pan, cook the shallots for 4 or 5 minutes until almost cooked through

Add the jelly, the cranberries and the orange zest and cook for another minute.

Store in the fridge and serve either hot or cold. Remember to remove the ginger before serving