

SALI PHEASANT JARDALOO

**BUTE STREET
SEAFOODIE**

Jardaloo is a Parsi dish, often cooked with chicken but always featuring apricots. Sali is the popular Parsi delicacy of crispy-fried potato "matchsticks". In this game-season version pheasant takes centre stage with the potato replaced by seasonal parsnip. The accompanying mixed vegetable bhaji (recipe from Atul Kochhar) can be made with a selection of seasonal veg but it is here made with purple cauliflower, carrots and late-season green beans. A black pepper pilau rice and garlic & chilli chutney are served alongside.

INGREDIENTS (SERVES 2-3)

- ❖ 4 pheasant breasts (on the bone), skinned and cut into 2-3 pieces, depending on size
- ❖ 1 tsp grated ginger and ½ tsp crushed garlic, mixed together
- ❖ 60g dried apricots
- ❖ 2½ tbsp sunflower or vegetable oil
- ❖ 1 onion, sliced into half-rings
- ❖ 1 tbsp tomato purée
- ❖ 175ml light game or chicken stock
- ❖ ½ tsp salt
- ❖ 1 tbsp white wine vinegar
- ❖ 2 tsp sugar, or to taste

- ❖ *Parsnip "Sali"*:
1 parsnip, peeled and coarsely grated, oil for shallow-frying

- ❖ *Masala*:
Grind together 2 dried red chillies, 1" cinnamon stick, ¾ tsp cumin seeds, 4 cardamom pods and 4 cloves

DIRECTIONS

1. Rub the pheasant pieces with half of the *masala* and half of the ginger and garlic and leave to marinate for 1 hour. Soak the dried apricots in just enough hot water to cover for the same amount of time then lift them from the water but retain the soaking liquid.
2. Meanwhile heat the oil for the *parsnip "Sali"* to approx 180°C and fry the parsnip (in batches if necessary) until crisp.



Sali Pheasant Jardaloo, Mixed Vegetable Bhaji, Black Pepper Pilau Rice, Garlic & Chilli Chutney

3. Heat the 2½ tbsp oil in a sauté pan and fry the onions until reddish-brown (10-20 mins). Lower the heat and add the other half of the ginger and garlic. Cook for about 1 min then add the remaining *masala* and fry gently for a couple of mins (adding a drop of water if the spices risk burning).
4. Add the pheasant pieces to the pan, raise the heat a little and cook until the pheasant has browned. Stir in the tomato purée, stock and salt, bring to the boil then simmer gently for 15 mins or until the pheasant is nearly cooked. Incorporate the apricots, vinegar, 1 tbsp of the apricot soaking liquid and sugar to taste and continue to cook gently for a further 5-10 mins.
5. When ready to serve, scatter the *parsnip "Sali"* over the top.

SEASONAL SIDE

MIXED VEGETABLE BHAJI

Blanch 50g diced carrots in boiling salted water for 3 mins. Remove with a slotted spoon and drain then, in the same water, blanch 50g sliced green beans for 2 mins and then drain.

Heat 1 tbsp oil in a wok and add a pinch of asafoetida (optional) and ¼-½ tsp black mustard seeds. Sauté until the seeds splutter then add 1 green chilli, slit lengthways, 150g small cauliflower florets and ¼ tsp salt. Cook gently for about 10 mins until the florets have become almost tender then add the blanched carrot and green beans plus ¼ tsp each of ground cumin, ground coriander, chilli powder (or to taste) and turmeric. Cook until all the vegetables are tender then serve scattered with 1 tbsp shredded coriander leaves.

Great British
Game Week