

# PHEASANT CAFREAL

#Game4Spice

*Galinha Cafreal is a Goan classic: marinated chicken shallow-fried or cooked over a wood fire (or BBQ). This treatment suits pheasant beautifully and, once the Cafreal malasa is in the jar, is a very simple way to enjoy a piece of game meat. In the spirit of east-meets-west that so characterises the culinary repertoire of the Goan household, some spicy fried potato wedges and a zingy cabbage salad make the perfect meal for a BBQ in some autumn sunshine.*

## INGREDIENTS (SERVES 2)

- ❖ 2 pheasant breasts, skinned
- ❖ Half-quantity of *Cafreal Masala* (below)
- ❖ Olive oil, sufficient for shallow frying
- ❖ 1 tbsp chopped fresh coriander (chopped at the last minute)
- ❖ Splash of vinegar
- ❖ Salt and freshly ground black pepper

*Cafreal Masala* (sufficient for 4 servings):

- ❖ 1 tsp coriander seeds
- ❖ 1 tsp black peppercorns
- ❖ 1 tsp coriander seeds
- ❖ 4 cloves
- ❖ 4 cardamoms
- ❖ ½" piece of cinnamon or cassia
- ❖ 3-4 cloves of garlic, coarsely chopped
- ❖ 1" piece of ginger, coarsely chopped
- ❖ 4-5 green chillies (to taste) coarsely chopped
- ❖ Good handful (10-15g) fresh coriander leaves and stalks, coarsely chopped
- ❖ White wine vinegar (approx. 40ml)

## DIRECTIONS

1. To make the *Cafreal Masala*, grind the dry spices in a coffee or spice grinder then put in a blender with all the remaining ingredients except the vinegar. Blitz the contents with sufficient vinegar to create a fairly smooth paste. This *Cafreal Masala* will keep in an airtight jar for months.



*Pheasant Cafreal, Spicy Fried Potato Wedges, Salada de Repolho, Chilli Sauce*

2. Cut each pheasant breast with 3 or 4 shallow diagonal slashes on both sides. Marinate in the *Cafreal Masala* for a couple of hours or preferably overnight.
3. Heat the oil in a frying pan and shallow fry the pheasant breasts, presentation-side down first, for 3-4 mins per side (or according to the thickness of the breasts).

Remove from the pan and leave to rest, covered, for 5 minutes.

4. Finely chop the coriander and put in a small heatproof bowl. Spoon a little of the cooking oil, a splash of vinegar and some seasoning into the bowl, mix well and nappe over the pheasant breasts before serving, for a bright green sheen.

## SEASONAL SIDES

### SALADA DE REPOLHO

In a bowl mix finely sliced cabbage, shredded carrot and finely sliced red onion with slivers of green chilli, if desired. 1 hr before serving, sprinkle with a little salt and vinegar to tenderise the veg a little. To finish, add chopped mint and coriander and adjust the dressing to taste with salt, (white) pepper, vinegar, extra virgin olive oil and a little sugar if wanted.

### SPICY FRIED POTATO WEDGES

Peel 2 or 3 potatoes, cut into wedges and put in a pan of cold water with 1 tsp salt and ½ tsp turmeric. Bring to the boil and simmer for 7 minutes or until the potatoes are three-quarters cooked. Drain and allow to steam dry. Toss the wedges in salt, pepper and cumin powder then deep-fry in batches until crisp. Sprinkle with chilli powder before serving.