

Pot-roast Pheasant or Guinea Fowl Fino & Porcini



Serves 4 Prep 1hr
Ingredients

Cooking 1h 30 mins

Challenge

15g dried porcini
2x 800g pheasants or 1 large guinea fowl
8 slices prosciutto
2 tbsp olive oil
2 bay leaves
30g unsalted butter
6 juniper berries, crushed
2 thyme sprigs, leaves picked

10 small round shallots, peeled and trimmed
1 tbsp plain flour
200ml Fino sherry
500ml chicken stock
300g seedless red grapes
150ml double cream

1. Heat oven to 180C/ Fan 160C/ Gas 4. Soak the dried porcini in 100ml boiling water for 10 mins until softened and then drain, reserving the mushroom stock.
2. Cover the pheasant or guinea fowl in 4 overlapping slices of prosciutto and tie them each in place with a piece of string. Heat the oil in a high-sided, heavy-bottomed skillet or frying pan over a medium heat. Season the bird all over and brown them one at a time in the pan, starting with the breast side for a few mins, then turning until they are golden all over – this should take about 8 mins. Tuck the bay leaves into their cavities, then put them into one large or two medium-sized flameproof, lidded casseroles.
3. Keeping the pan on the hob, lower the heat and add the butter. When it has melted, add the juniper berries, thyme & shallots, then season. Fry gently for 5-10 mins, until the shallots are golden brown. Add the flour to the pan & cook, stirring for 1 min. Then turn up the heat and pour in the sherry, scraping the bottom of the pan to pick up any crust. Cook for 1-2 mins, stirring, then add the stock & mushroom water, and bring to the boil. Simmer for 10 mins, or until reduced by a third, then pour into the casserole with the pheasants.
4. Cover the casserole tightly with foil and put the lid on top of the foil. Roast the pheasants in the oven for 20 mins, then uncover the pot and put back in the oven for a further 15-20 mins or until cooked through (a little pinkness is okay). Lift out the pheasants onto a platter, cover with foil and rest for at least 10 mins. Meanwhile add the grapes, porcini & cream to the liquor in the casserole (or saucepan) and cook over a gentle heat for 10-15 mins. While this is cooking, carve the breasts & legs off the birds, put in a roasting tin and cover with foil. Just before serving, return to the oven at 150C/130C fan/gas 2 for 3 mins to heat through. Serve the meat with a generous spoonful of the sauce and the side dishes.