



HELIGIG CYMRU
GAME MEAT WALES

PURPLE
poppadom

Marinated Pheasant

with cauliflower puree and pickled beetroot

Serves 4

INGREDIENTS

MARINATED PHEASANT

- 4 pheasant breasts
- 6g green chillies
- 10g ginger
- 6g garlic
- 6g coriander seeds
- 6g black peppercorns
- 5g salt
- 5g coriander leaves
- 10g ginger garlic paste
- 50ml oil

CAULIFLOWER PURÉE

- 450g cauliflower
- 110g leeks
- 100g onions
- 70g celery
- 5g ginger
- 3g green chillies
- 5g garlic
- 2g fennel seeds
- 75g butter
- 500ml chicken stock
- 500ml whole milk
- 10g salt

PICKLED BEETROOT

- 500g beetroot
- 25ml oil
- 10g ginger
- 10g garlic
- 6g green chillies
- 200g onion
- 6g salt
- 100ml red wine vinegar



BY SIDDARTH RATHORE
HEAD CHEF AT
PURPLE POPPADOM



METHOD

MARINATED PHEASANT

1. Clean and trim the pheasant breasts, and remove the skin.
2. Chop green chilli, ginger, garlic and coriander leaves finely.
3. Crush coriander seeds and black peppercorn separately.
4. Marinate the pheasant breasts with green chilli, garlic, ginger, coriander seeds, black peppercorn, coriander leaves, salt, ginger garlic paste and oil.
5. Leave the pheasant to marinate for an hour.
6. Heat a pan place the marinated pheasant fillet cook for 2 minutes on both sides, rest it on the pan for minute and serve with the cauliflower puree.

3. Heat a sauce pan to melt the butter, add chop onions, celery, leeks, garlic, and ginger. Sauté for two minutes, now add the chopped cauliflower florets and sauté for another three minutes without browning. Add milk, chicken stock, salt and fennel seeds.
4. Bring to boil and simmer for 10 minutes, until the cauliflower is cooked and soft.
5. Blend the cooked cauliflower mixture into a smooth texture.
6. Bring it back to boil, simmer until it reaches a puree consistency.
7. Check the seasoning and serve hot.

PICKLED BEETROOT

1. Boil the beetroot for 45 minutes and let it cool down. Peel it and cut into thick slices.
2. Chop the ginger, garlic, green chillies and onions.
3. Heat oil in a pan, add chopped ginger, garlic and green chillies, sauté for a minute, then add chopped onions. Cook the onions for 2-3 minutes, add the beetroot, salt and vinegar.
4. Cook until the beetroot absorbs all the moisture.
5. Serve warm.

CAULIFLOWER PURÉE

1. Clean the cauliflower florets and chop into small pieces.
2. Chop onions, celery, leeks, garlic, ginger and green chillies.

