



Rutland, Steady, Cook!

The King's Arms' Nigerian Style Pheasant Curry

Ingredients

The meat from 3 Pheasants
(Chicken / Partridge works well too!)
Vegetable Oil
125g Peanut Butter (Crunchy or Smooth)
2tbsp Ground Cumin
2tbsp Ground Coriander
1tbsp Curry Powder
2tsp Ground Ginger
2 x 420g Tins of Sliced Peaches, in juice

1 x 420g Tin of Pineapple pieces, in juice
2 Chicken Stock Cubes
100g Freshly Grated Creamed Coconut (Bar)
1tbsp of Lime Pickle (if available)
Salt & Pepper
1 Large Handful of Salted Peanuts
2 Bananas
300g Rice (Long Grain, Jasmine or Basmati)
1tbsp Ground Turmeric

Method

1. Remove the meat off your preferred birds and cut into chunks. Put the carcasses into a stock pot for stock or soup.
2. Add 3 glugs of oil into a large pan with the peanut butter and the ground spices. Heat until hot (approx. 2-3 minutes) and then add the pheasant pieces.
3. After 5 mins, add the tinned fruit, stock cubes and creamed coconut. Cook for about 40 mins, adjust seasoning, add the peanuts and sprinkle with chopped banana before serving.
4. Serve with boiled rice with turmeric for colour.

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#RutlandSteadyCook

Thank you to: The King's Arms, Wing

