



Pheasant and Spiced Apple Stew

Choose pink lady or idared apples to accompany your partridge.

Serves: 4

Prepare: 10 Minutes

Cook: 1 Hour

Difficulty: easy

Ingredients

- 1x [whole pheasant](#)
- 2oz salted butter
- 2lb pink lady apples (cored and peeled)
- 1x onion (chopped and sliced)
- 4x juniper berries
- Pinch of thyme
- 1x bay leaf
- pinch of pink himalayan salt
- pinch of pepper
- 1x glass of apple juice

Method

1. In a saucepan melt your butter and brown your pheasant, add the onion, juniper berries, thyme, bay leaf, salt and pepper, pour over your apple juice and add in your apples bring to the boil, pop on the lid and simmer until your pheasant is tender. when your pheasant is cooked remove your bird and apples and keep warm. Thicken your pan juices with flour add water to make a gravy, and serve with game chips or mash potato and seasonal veg.