

### **Pheasant Rillettes**

2 filleted pheasants (4 breasts, 4 legs, no bones, skin or cartilage)  
500g goose or duck fat  
3 garlic cloves  
3 juniper berries  
2 bay leaves  
100ml water

#### **Method**

Heat the duck or goose fat into a heavy based sauce pan until warm and put the pheasant pieces in the pot. Give the garlic and juniper berries a whack with something heavy to more readily release their flavor and add to the pot along with the bay leaves.

Cover with water and leave on a very low heat for 4 hours. The liquid should barely be trembling.

After the 4 hours is up the water will have evaporated off.

Leave until cool enough to handle. Shred the pheasant meat into a bowl with 2 forks.

Season with salt and pepper.

If you can, leave in the fridge for a few days to mature.

### **Pickled Red Onions Recipe**

2 lb red onions (about 2 med or 1 large), thinly sliced  
1 1/2 cups red wine vinegar  
1 1/2 cups sugar  
1 1/2 cups water

#### **Spices wrapped in cheese cloth**

1/2 cinnamon stick  
5 cloves  
1 bay leaf  
1 Tablespoon coriander seed  
1 star anise  
Dash red pepper flakes

#### **Method**

Blanch red onions in a saucepan of boiling water for 2 minutes. Drain in colander.

While the water is heating in step 1, in a separate non-reactive, sauce pan combine the vinegar, sugar and spices.

Bring to a boil. Reduce heat to simmer, cover and simmer for 5 minutes.

Add blanched, drained onions to the vinegar mixture. Simmer for 1 minute.

Allow to stand until cooled. Will keep several weeks refrigerated.