



## **PHEASANT WITH LEMON AND HERBS**

*Pheasant with lemon, marjoram and green herb sauce*

**Serves 4**

- 1 peeled garlic clove
- 2 tbs chopped marjoram
- 2 tbs olive oil
- Juice of 1/2 lemon
- 3 1/2 fl oz dry white wine or sherry
- 2 pheasants

### **For the green herb sauce**

- 3/4 oz parsley
- 3/4 oz dill
- 3/4 oz chervil
- 2 tbs capers, roughly chopped
- 1 tbs Dijon mustard
- 5 fl oz olive oil
- 2 tbs white wine vinegar

Before beginning the pheasant with lemon and herbs, first make the sauce. Chop the herbs finely and place them in a bowl. Stir in the capers, mustard and olive oil and, finally, the vinegar. Season well and leave at room temperature.

For the pheasant, first use back of the knife to crush the garlic with a good pinch of salt. Add the marjoram and pound it in with the garlic. Add the olive oil, then the lemon juice and wine. Season with pepper and stir. Spread the marinade in a dish and lay the pheasant on it flesh-side down. Leave to marinate for an hour.

Grill on a hot barbecue, skin-side down for seven to 10 minutes, moving it 90 degrees halfway through to achieve BBQ stripes. Flip to flesh side-down and cook for a further 10 minutes, turning 90 degrees once. To check whether it is cooked look at the meat on the thickest part of the leg.