

Pheasant in sunshine

This works well with older birds.

Serves 4-6

1 large pheasant

3 tbsp olive oil

3-4 large onions, sliced

4-5 ripe tomatoes, skinned and chopped

1 red pepper, sliced

1 green pepper, sliced

2-3 courgettes, thickly sliced

1 small, or ½ large aubergine, thickly sliced and cut into quarters

2-3 cloves garlic, crushed

Fry the onions in the oil until golden. Place them in a large casserole and lay the pheasant on top, breast downwards. Add the remaining ingredients and season with salt and freshly ground black pepper. Add a little water or suitable stock (the vegetables supply a good deal of moisture), and cook slowly in the oven, with the lid on, for 3 hours (150°C/300°F/Gas 2). For the last hour, turn the pheasant so the breast is upward.

Serve with potatoes or boiled rice.