

Cashew Pheasant Curry

By Tom Dickson | Preparation time: 30 minutes | Cooking time: 30 minutes | Yield: 4 servings



INGREDIENTS

½ stick (¼ c.) unsalted butter
 2 medium onions, finely chopped (2 c.)
 2 large garlic cloves, finely chopped
 1 T. finely chopped peeled fresh ginger
 3 T. curry powder
 2 t. salt
 1 t. ground cumin
 ½ t. cayenne
 3-4 pounds breasts and/or thighs of pheasants or other birds, cut into 1-inch chunks
 1 (14.5-ounce) can diced tomatoes
 ¼ c. chopped fresh cilantro
 ½ lb. cauliflower, chopped into 1- by 1-inch chunks (optional)
 ¾-1 c. cashews (¾-½ lb.)
 ¾ c. plain whole-milk yogurt
Accompaniment: cooked jasmine rice or basmati rice
Garnish: chopped fresh cilantro, handful of golden raisins (optional)

DIRECTIONS

Heat butter in a 5- to 6-quart wide heavy pot over moderately low heat until foam subsides. Add onion, garlic, and ginger, stirring, until softened, about 5 minutes.

Add curry powder, salt, cumin, and cayenne and cook, stirring, for 2 minutes. Add meat and cook, stirring to coat, 3 minutes. Add tomatoes, including juice, and cilantro and bring to a simmer.

Cover and simmer gently, stirring occasionally, until meat is cooked through, about 20 minutes. Ten minutes before the meat is done, add the chopped cauliflower and stir into the mixture.

Just before serving, pulse cashews in a food processor or electric coffee/spice grinder until finely ground. Add to curry along with yogurt and simmer gently, uncovered, until sauce thickens, about 5 minutes. Serve over cooked rice and garnish with chopped cilantro and raisins.

Scroll to Venison then click [Red Rooster Braised Venison](#), [Perfect Braised Venison](#), and [Braised Portuguese Venison Shanks](#).



I love a recipe where I can throw a bunch of ingredients in a pot, let it cook while I feed the dogs or clean up the prep mess, and *voilà!*—a restaurant-quality meal for me and my wife.

This recipe requires a fair number of ingredients, but all are readily available. It contains the can't-miss combination of onions, garlic, ginger, tomato, cumin, and curry powder, but adds another layer of nutty taste and creamy texture with the ground cashews added at the end.

I throw in some chopped cauliflower because my wife likes a vegetable with dinner, and often I'm too lazy to make a salad or side dish.

This recipe, adapted from Charmaine Solomon's *The Complete Asian Cookbook*, works with the breast and thigh meat of pheasants, dusky (blue) or ruffed grouse, or chicken (the meat used in the original version). ■

—Tom Dickson is the editor of Montana Outdoors.

Grandma would so approve

If I've written it once, I've written it a thousand times: When cooked correctly, shanks can be the tastiest part of a deer or elk. So don't leave them behind after field dressing or just use the meat for burger.

The key to transforming these sturdy portions of a wild ungulate is to braise the meat: cooking at low heat with wine or other liquid for several hours. This magically transforms all those tough meat tubes surrounding the shank bones into chunks of succulent fork-tender meat, like the pot roast Grandma used to serve for Sunday dinner.

Over the years, I've prepared roughly 150 shanks this way, always resulting in Grandma-worthy meals.

Tip: If the meat isn't fork tender after cooking as directed, cook for another hour.

Scan the QR code at right to see three delicious braised shank recipes featured in previous issue of *Montana Outdoors*. ▶