

## Pheasant Recipe

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### Pheasant with Parsnip and Apple Mash - Serves 4

#### Ingredients

##### **Mash:**

750g floury potatoes such as Maris Piper  
225g parsnips  
1 large Cox's or Granny Smith's apple, peeled, cored and cut into chunks  
25g butter  
2 tbsp crème fraîche  
2 tbsp each chopped fresh chives and parsley

##### **Pheasant:**

15g butter, softened  
2 tsp plain flour  
4-6 pheasant breast fillets/supreme's  
2 tsp olive oil  
50ml white wine  
200ml chicken stock  
root vegetable crisps to garnish

#### Method

1. Mash: Peel the potatoes and parsnips, cut into even size chunks. Boil in separate pans of lightly salted boiling water for 15-20 mins until tender, adding the apple to the parsnip pan for the final 5 mins drain well.
2. Return to one pan. Stir over a low heat for 1 min to drive off the excess moisture. Remove from the heat and mash with butter. Stir in the crème fraîche, herbs and seasoning. Keep hot until ready to serve.
3. Pheasant: Mix the butter and flour together in a small bowl or cup. Set aside. Heat the oil in a non stick or heavy based frying pan. Add the pheasant breasts, skin side down and fry over a medium-high heat, for 1 min until golden brown. Turn over. Add the wine to the pan. Allow to boil rapidly for a few seconds until reduced by about two thirds.
4. Pour in the stock and reduce the heat. Cook at simmering point for a further 5 mins until the pheasant breasts are just cooked through, then remove from the stock and keep warm.  
Turn up the heat, whisk the butter and flour mixture into the stock in small pieces, continue whisking until the sauce boils and thickens slightly. Serve with the sliced pheasant breasts on the mash with the wine sauce and root vegetable crisps to garnish.