

Pheasant in Sour Cream

Ingredients

4 pheasant breasts
2 tbsp olive oil
2 tbsp butter
250ml (½/pt) crème fraiche
1 tbsp paprika
2 tbsp chopped parsley to garnish

To serve

Boiled potatoes
2 baby cabbages, lightly boiled and quartered
Caraway seeds (optional)

1. Heat the oil and butter together in a heavy based fry pan. Add the pheasant breasts and cook until tender. Approx 5 minutes on either side.
2. Add the crème fraiche and paprika and stir. Leave to simmer for 8 mins.
3. Serve onto a plate and sprinkle with chopped parsley.

Serve with potatoes and a quarter cabbage sprinkled with caraway seeds.

N.B. For an alternative to cabbage use fresh green beans or broccoli