

View from the Fridge – Recipes from Brian Donkin

Recipe # 48 – Breast of Pheasant Peter the Great

Preparation time: 10 mins – Cooking time: 20 mins

Ingredients

3 pheasant breasts, skinned and deboned
½ wine glass of double cream
1 stalk of celery, cut into 1 inch strips
1 wine glass game sauce (see sauces and side dishes)
1 glass of white wine
50gms butter
salt and pepper

Method

1. Place celery, white wine and 25gms of butter in small pot and bring to the boil and simmer for 15 minutes.
2. Place seasoned pheasant breasts and butter in frying pan and cook on medium heat for 3 minutes. Do not brown. Turn over and put in hot oven for 7 minutes. Remove from pan and place pheasant on plates.
3. Leaving the juice from the cooked pheasant in the pan, add cooked celery and its juices, cream and game sauce. Bring to the boil, reduce liquor by a third and then spoon over the pheasant.

Serves 3 – Best served with mashed potatoes and runner beans.

