

## View from the Fridge – Recipes from Brian Donkin

### **Recipe # 66 – Braised Pheasant with Wild Mushrooms**

***Preparation time: 10 min – Cooking time: 1 hour, 15 mins***

#### **Ingredients**

1 whole pheasant  
½ wine glass of port  
2 wine glass game sauce (see sauces and side dishes)  
25gms butter  
50gms chanterelle mushrooms, quartered  
50gms ceps mushrooms, quartered  
50gms porcini mushrooms, quartered  
1 glass of red wine  
salt and pepper

#### **Method**

1. Season pheasant inside the bird
2. Heat pan, add butter then place pheasant in the pan on one leg. Seal for 1 minute, then place in the oven.
3. After 12 minutes, turn onto its other leg and cook for a further 12 minutes.
4. Turn onto its back and cook for a further 12 minutes.
5. Remove pheasant from the pan and leave to the side.
6. Place all the mushrooms in the pan and fry in the juices of the pheasant for about 2 minutes.
7. Add the port, wine and game sauce and bring to the boil.
8. Put the pan to one side.
9. Cut each leg of the pheasant into 3 pieces and each breast into 3 pieces, then put in the pan with the sauce. Bring to the boil, cover with lid and put in the oven for a further 30 minutes.

Best served with pak choi and risotto. (See Side Dishes for details)

*Serves 3 – see next page for picture!*

