

Pheasant Breast, Onion Purée & Spring Greens



Serves 4

Prep 10 mins

Cooking 35 mins

Easy

Ingredients

For the onion purée

2 white onions, thinly sliced
1 tbsp olive oil
300ml double cream
sea salt & freshly ground black pepper

For the pheasant

15g unsalted butter
1 tbsp olive oil
4 pheasant breasts
300ml beef stock
50ml port
2 sprigs thyme

For the spring greens

2 heads of spring greens, cut into 1 cm strips
30g butter

1. To make the onion purée, place the onions in a saucepan with the olive oil and sweat over a low heat, without colouring for 5 mins. Add the cream and simmer for 15 mins until reduced and thick. Place in a blender and purée until very smooth, then season with salt & pepper.
2. Meanwhile, for the pheasant, heat the butter and olive oil in a large frying pan over medium to high heat. Add the pheasant breasts, skin side down, and fry for 3 - 4 mins until golden brown, then turn them over and add the thyme. Cook for another 3 - 4 mins, depending on how rare you enjoy your pheasant. Remove the pheasant from the pan and leave to rest in a warm place for 2 - 3 mins.
3. Add the port and stock to the pan, boil to reduce it by half. If too liquid, take a tbsp of corn flour, add some water to make a paste and add a little to the pan, stirring all the time. The sauce should thicken and clear.
4. For the spring greens, place a large sauté pan over medium heat. Add the spring greens and butter and cook, stirring, for 30 seconds. Add 75ml of water and season with salt and pepper. Stir well and cook for 3 - 4 mins until the greens are cooked through.
5. To serve, place a mound of greens on each plate and sit a pheasant breast on top. Add a spoonful of onion purée alongside.