

Pheasant Breast with Apple and Cider



Serves 4 Prep 15 mins

Cooking 20 mins

Easy

Ingredients

4 boneless pheasant breasts, skinned
2 tbsp plain flour
1 tbsp olive oil
25g butter
150g smoked streaky bacon, cut into 1 cm pieces
1 crisp dessert apple (Braeburn or Cox, peeled, cored and cut into 1cm cubes)
4 shallots, thinly sliced
300ml dry cider
150ml pheasant or chicken stock
1 tbsp redcurrant jelly
120ml full-fat crème fraiche
1 tsp finely chopped fresh sage and 1 tsp finely chopped fresh thyme
salt and freshly ground black pepper

1. Place the pheasant breasts on a board and cover with cling film. Pound with the base of a saucepan to flatten very slightly. Put the flour on a plate, season, and coat the pheasant in the flour. Heat the oil and butter in a large, deep-sided, non stick frying pan or sauté pan over a medium high heat. As soon as the butter is foaming, add the meat, skinned-side down. Fry for 2 minutes on each side until golden brown, pressing it flat with a fish slice. Transfer the meat to a dish and set aside.
2. Put the bacon in the pan and cook for 5 minutes over a medium-low heat, stirring often. Add the apple and shallots and fry for 5 mins over a medium heat, stirring frequently or until softened and lightly coloured. Add the cider, stock, redcurrant jelly, and some salt and pepper. Bring to the boil, stirring constantly until the jelly has melted. Reduce the heat and return the pheasant and its juices to the pan. Simmer gently for 2 minutes, turning the breasts halfway and basting frequently. Remove the pheasant, cover loosely with foil and leave to rest for 10 minutes.
3. Meanwhile, increase the heat to high and stir the crème fraiche into the sauce. Add 1 tsp each of sage and thyme and simmer gently until thickened. Slice the pheasant and arrange on warmed plates. Spoon the sauce over the meat. Serve immediately with some mashed potatoes, kale and cranberry sauce.