

ROAST CROWN OF PHEASANT, LIGHTLY PICKLED CABBAGE, BLACK PUDDING CROUTE & YORKSHIRE

SAUCE

Serves 4

INGREDIENTS

2 crowns of hen pheasants
2oz butter

1 green cabbage
2 juniper berries
200ml white wine vinegar reduced by half
25gr sugar
1 sliced shallot
Salt & pepper
2oz butter
2tbsp chopped parsley

4 slices baguettes
1bsp oil
2oz butter
4 slices black pudding

200ml red wine
100gr redcurrant jelly
Grated zest of 1 orange
Juice of 1 orange
100ml chicken stock
2oz butter
Salt & pepper

METHOD

1. Remove the wish bone from the crowns
2. Melt the butter in pan and heat
3. Colour both breasts then put in oven standing up, 180 -190 c and roast
4. Meanwhile cut the cabbage in quarters and remove the core
5. Shred the rest of the cabbage finely
6. Put vinegar, juniper, sugar and shallots in a pan and bring to the boil
7. Plunge the cabbage into boiling water for 1 minute then drain and put into iced water
8. Drain off and add cabbage to pickling liquor
9. Meanwhile put red wine, redcurrant jelly, zest and juice of orange into a pan and reduce to syrup consistency
10. Add chicken stock and reduce by half
11. Beat in butter and put to one side
12. Drain cabbage and put into pan with butter, season, add parsley and keep warm
13. Pan fry the slices of bread and the black pudding then take out and drain and put the pudding on top of the bread
14. Take pheasant from oven and rest
15. Take breasts from the bone
16. Cut the breasts lengthwise and serve with cabbage, black pudding and Yorkshire sauce