

Pheasant with Apples and Prunes

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This delectable dinner is really a beautiful way of using pheasant. If you don't like prunes, just leave them out.

Ingredients:

4 skinless boneless pheasant breasts
3 apples
8 rashers streaky bacon
150ml apple cider vinegar
150ml single cream
150ml chicken stock
300g pitted prunes
1 onion
100g breadcrumbs
Salt and black pepper
1 tbsp. dried thyme
2 tbsp. caster sugar
100ml water

Directions:

1. Peel, core and chop the apples into small chunks. Finely chop the prunes and the onion.
2. Place the apples into a saucepan with the water, 1 tbsp. thyme, pinch of salt and the sugar. Bring the mixture to the boil and then simmer for around 15 minutes, stirring occasionally. Remove the sauce from the heat and add the breadcrumbs.
3. Cut a pocket into each pheasant breast.
4. Heat the oven to 200C.
5. Stuff the pheasant breasts with a quarter of the apple sauce each.
6. Wrap each breast with 2 bacon fillets and then put them into a baking tray along with the onion and chicken stock. Season well.
7. Cook the pheasant for 30-35 minutes or until the juices run clear.
8. Remove from the oven and then pour the cooking juices from the pheasant into a saucepan along with the cider vinegar and the chopped prunes.
9. Bring the mixture to the boil and then add the single cream before bringing it to the boil again.

Author: Laura Young