

Prosciutto Wrapped Pheasant Breasts with a Sticky Orange Sauce

Printed from Pheasant Recipes at <http://www.pheasantrecipes.co.uk/>

This dazzling dish sounds far more complicated than it actually is to prepare. Try serving it for a dinner party.

Ingredients:

4 large pheasant breasts
24 rashers thinly sliced prosciutto ham
8 sprigs of thyme
8 large dried apricots
2 tbsp. butter
2 tbsp. olive oil
Good pinch of salt and pepper
Juice and zest of three large oranges
4 tbsp. light soy sauce
2 tsp. runny honey
1 tsp. ground cinnamon

Directions:

1. Slice the four pheasant breasts in half down the middle. Slice each apricot into three thick pieces.
2. Lay down three pieces of prosciutto lengthways and make sure that they are all overlapping.
3. Put a piece of pheasant onto the prosciutto, lay the apricot slices in a row over the pheasant, season well with salt and pepper and then lay a thyme sprig over the top. Wrap the pheasant up by pulling the ham up over the side of the pheasant and wrap it tightly. If needed, secure it in place with some cocktail sticks. Repeat until you've used all of the ingredients.
4. Heat the butter and oil together in a pan until sizzling and then cook the pheasant parcels for two or three minutes on each side.
5. Transfer the pheasant breasts to a baking tray and put into a 180C oven for 6-8 minutes to finish cooking.
6. Put the orange juice and zest, soy sauce, runny honey and cinnamon into the pan you cooked the pheasant in and cook them together until they become syrupy.
7. Serve the sauce spooned over the pheasant parcels.

Author: Laura Young