

RECIPE - Pheasant breast with black pudding and pears

December is the month when there is just too much going on; this pheasant dish is a nice break from it all. With next to no preparation and the shortest of cooking time, it's ready before you know it. It's a bit of quick one, and all done in one pan, so make sure you get everything ready before starting to cook.

Serves 4

Preparation time 20 minutes

Cooking time 25 minutes

Ingredients

4 pheasant breasts at around 8oz/ 250g

2 oz/50g butter

A drizzle of vegetable oil

4 slices black pudding

2 pears, peeled, cored and sliced

Small glass of port

1 pint/500ml chicken stock

A small Savoy cabbage, sliced and blanched

2 rashers bacon, cooked and cut into cubes

2 shallots finely sliced.

Method

1. Heat a thick bottomed pan, add the oil and melt the butter.



2. Add the pheasant breasts and cook for 6 mins on each side, or until cooked, remove and keep warm.

3. Put the black pudding and pear slices into the pan, fry for 2 minutes each side or until heated through, remove and keep warm.

4. With the pan still hot add the shallots, bacon and Savoy cabbage and fry for 6 minutes, and then divide between four warm plates.

5. Put the port and stock into the pan, whilst this is reducing divide the pheasant, black pudding and pears between the four plates.

6. Pour over the reduced sauce and serve with creamy mash.

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