

Pan fried Pheasant breasts with orange and walnuts



Ingredients

- 4 pheasant breasts boned (from 2 pheasant)
- 1 tbsp walnut oil
- 150ml (5fl oz) chicken or game stock
- 2 oranges
- 50g (3.25oz) walnut pieces
- 4 tbsp plain flour, seasoned with salt and pepper
- 15g (0.5 oz) cold butter
- Salt and pepper

Method

1. Fry the walnuts for 1 minute and remove from the frying pan with a slotted spoon.
2. Grate the zest from one of the oranges and add to the flour. Squeeze the juice and reserve, carefully segmenting the other orange for the garnish. (To do this remove the peel and pith with a sharp knife, cutting between the membranes to remove the segments.) Catch any juice and add to the other.
3. Coat the breasts in the flour and fry in the reserved oil over a medium high heat until golden on both sides, about 3 minutes, then remove from the pan.
4. Add the stock and orange juice to the pan and bring to the boil, scraping up any bits.
5. Lower the heat and return the breasts, simmering for around 5 minutes until cooked.
6. Remove the breasts to keep warm, strain the sauce into a clean saucepan, boil and reduce to around 150ml (5 fl oz) and slightly syrupy. Turn down the heat and whisk in the cold butter.
7. Serve the pheasant with the sauce, chopped walnuts and orange segments. Try bulgar wheat made with chicken stock, mushrooms and green peas as the accompaniment with a green vegetable.

Serves 4 people.

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