

North York Moor Pheasant
Ampleforth apples, Madeira thyme jus, Yorkshire tarteflette potatoes,
glazed vegetables

*Chef's Tip: The pheasant season is from 1st October until the first February
Mostly you are best to wait until the end of October because at the beginning
of the season the pheasants can be poor scrawny things!*

Serves 4.

Ingredients:

A brace of Pheasants (this means two pheasants) plucked and drawn
4 Ampleforth apples, peeled and cut into quarters
4 large shallots
Olive oil to marinade
4 sprigs of thyme remove the leaves and keep most aside for the sauce but
sprinkle a little on the pheasant breasts and the stalks to marinade them with
a little olive oil
2 cloves of garlic, peeled and crushed (to marinade the pheasant breasts in)
4 rashers of pancetta
1 pint strong reduced game stock
1 glass of Madeira

To make the Yorkshire Tarteflette potatoes:

4 Maris piper potatoes
2 cloves garlic
4 rashers of smoky bacon
150 g wensleydale cheese
400ml double cream
Salt and pepper
6 small sprigs of thyme two to boil with the cream 4 to remove the leaves and
sprinkle on the leaves whilst layering.

Vegetables:

100 g fresh shelled peas
100 g fresh green beans cut into bite size pieces
100 g carrots peeled and cut into small dice
60 g fresh chard washed and cut into bite size pieces
2 Sprigs of fresh mint
100 g of Yorkshire butter to glaze
1 spoon of Harrogate honey.

Method:

Firstly the hard bit!

Remove the breasts from the carcass and remove the legs (If you can get
your butcher to do this it would be easier)
Marinade the Pheasant in a little olive oil and some crushed garlic and thyme
stalks; this will add another dimension to your dish.
Place these wrapped in cling film on a low shelf until you are ready to cook
them.

To make the Yorkshire Tartleflette potatoes:

Peel the four Maris piper potatoes and thinly slice (use a mandolin if you have one)

Whilst you are doing this bring the cream to the boil with the crushed garlic cloves and 2 of the thyme sprigs.

Pan Fry the bacon pieces until they are just cooked.

Once the cream has boiled, sieve and add salt and pepper to the mix.

In an ovenproof dish, layer the thinly sliced potatoes with the boiled cream, cooked bacon, grated Wensleydale cheese and the thyme you have left (just rip off the leaves and layer amongst the other ingredients)

Chefs tip: Place some grease proof paper over the potatoes and then some tin foil over that before placing the dish on a tray and then in an oven at 180°C for approximately ¾ hour or until cooked.

Allow to rest whilst you cook your pheasant.

To cook the pheasant:

Seal in a hot pan.

Add the Ampleforth apple quarters and cook all together.

Cook in the oven at 180°C for approximately 8 minutes.

Allow to rest for 2 minutes before serving.

Crisp up the pancetta for a garnish to the dish by placing under the grill for 3 minutes until crispy and cooked.

To make the sauce:

Fry the four finely chopped shallots in a little olive oil.

Add the glass of Madeira and reduce.

Add the game stock and cook until a nice sticky consistency has been reached.

Taste and correct with seasoning if necessary.

For the vegetables:

As the Yorkshire Show is in the height of summer we are using some summery vegetables; Yorkshire's finest fresh peas, beans, chard and carrots.

Cook all the vegetables in a pan of boiling water

Firstly cook the carrots

Add the beans 1 minute later.

Another 1 minute later add the fresh peas and chard.

Drain and add the chopped fresh mint and glaze with the Harrogate honey, butter, and a tiny bit of salt and pepper.

To assemble the dish:

Scoop out 4 neat portions of potato and place on the plates.

Next add the pheasant breasts to each plate.

Spoon the vegetables around the meat.

Place the pancetta on top of the meat at an angle.

Pour over the sauce and serve.

