

## **Roasted Pheasant Breast, Cider Parsnip Fondant sweet potato purée and roasted onion jus**

Serves 2

### **Ingredients**

Four pheasant breasts off 2 full birds  
2 large parsnips  
2 sweet potato peeled and chopped small  
½ pint of whipping cream  
10 baby onions  
500 g butter plus a small amount for the sauce  
4 cloves of garlic  
2 Sprigs of fresh thyme  
100 ml port  
100 ml red wine  
½ pint of good meat stock  
Salt and pepper  
1 bottle of cider (about 1 pint)

### **Method**

Peel and shape the parsnip into 10 1 inch cubes  
And press into 300 g butter at the bottom of a thick saucepan.  
Cook and ¾ cover with cider then add the peeled, crushed garlic, and thyme leaves.  
Cover and keep on a moderate heat checking regularly until tender.

Cook the sweet potato in lightly seasoned water until ¾ cooked.  
In a separate pan reduce the cream and 100 g butter until the consistency of double cream is achieved, add to this the drained sweet potato and once cooked blitz in a food processor or with a stick blender. Pass through a sieve and season accordingly.

In a hot pan seal the seasoned pheasant breasts until evenly coloured and then place in a moderate oven (170°) for about 8 minutes, once cooked leave to rest for about 5-10 minutes.

### **To make the sauce**

In the same meat pan sweat off the baby onions in a little butter, then add the port and red wine to dissolve the residue and reduce by ½.  
Add the stock and reduce slightly again.  
Finally whisk in a few knobs of butter (about 100 g) until thickened and a shine is achieved.

### **To assemble**

Place the parsnip fondant on the plate, spoon and drag the sweet potato purée at the side.  
Carve the pink cooked pheasant, fan evenly on the plate and spoon over the sauce.  
Bon appetite