



**RECIPE**  
**Pheasant Stew**  
**(great for pie fillings)**



**NOURISH**  
FOOD SCHOOL

# RECIPE

## Pheasant Stew Pie Filling

**SERVES**  
4 servings

**LEVEL**  
A little tricky

**TIME**  
1 hour

### INGREDIENTS

8 pheasant breasts, cut into bite-sized chunks  
20g butter  
1 small leek, finely sliced  
4 rashers bacon, cut into strips  
400g mushrooms - we like chestnut mushrooms - chopped finely  
2 tbsp plain flour  
1 bay leaves  
salt and black pepper  
1 large sprig thyme (or some dried thyme)  
a large bunch fresh tarragon (optional), finely chopped

### HOW TO MAKE IT

1. Prepare the pheasant, leek, bacon and mushrooms to the stage described in the list.
2. Place a large casserole pan over a medium high heat and melt 1 tablespoon of the butter until it foams. Fry the pheasant for about 2 minutes on each side until golden brown, you might need to do this in batches. Once it's golden all over, transfer to a bowl and set aside.
3. Add the remaining butter to the pan and turn the heat down to low. Add the sliced leek and fry very gently. *Use your wooden spoon to scrape the base of the pan to get all of the caramelised meat flavour into the leeks.* Pop the lid on and sweat the leeks for a couple of minutes.
4. Once the leeks are sticky and soft, add the bacon and continue to fry until the fat turns golden.
5. Add the sliced mushrooms and continue to fry for another 5 minutes, stirring regularly.
6. Next add the flour and stir thoroughly for 1 minute.
7. Add the pheasant meat and any juices back to the pan and just cover with water.
8. Add bay leaves, salt, pepper and thyme then increase the heat bringing it to the boil.
9. Once boiling, pop the lid on and reduce the heat to simmer the stew for 20 minutes.
10. Taste the sauce. Add more salt or pepper if it needs it. If the sauce is very runny, you may need to simmer and stir with a lid off for a few minutes until it thickens.
11. To finish, add the fresh tarragon and serve with creamy mashed potatoes or use as a pie filling.