

Italian Roast Pheasant

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This Italian twist on pheasant is really fun – it combines ricotta, prosciutto ham and parmesan for an authentic Italian flavour with succulent meat.

Ingredients:

2 oven-ready pheasants
100g prosciutto ham
150g ricotta cheese
75g grated parmesan cheese
1 tbsp. or so of thyme leaves
150ml vermouth or 125ml white wine + 1 tsp. sugar
20ml or so olive oil
Pinch of salt and pepper
Black pepper
Few extra sprigs of thyme

Directions:

1. Preheat the oven to 220C.
2. Separate the ham into slices and finely slice two of them. Put the rest of the ham to one side.
3. Mash together the ricotta, parmesan, thyme leaves and chopped ham with the pinch of salt and pepper until smooth.
4. Ease the skin away from the pheasants very gently using your fingers. Divide the stuffing into two and spread the stuffing onto the breasts of each pheasant, underneath the skin.
5. Put the thyme sprigs into the cavity of each bird.
6. Put the pheasants into a baking tin and drape the rest of the prosciutto ham over the top of the birds. Season well with black pepper, pour over the vermouth or wine and then drizzle with the olive oil.
7. Put the birds into the oven for 20 minutes and then turn the heat down to 180C and cook for a further 40 minutes.
8. Allow the birds to rest for ten minutes or so before serving.

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