

Pheasant and Mushroom Stew

Printed from Pheasant Recipes at <http://www.pheasantrecipes.co.uk/>

This stew has an incredibly interesting flavour but it's mild and moist enough to feed the whole family.

Ingredients:

2 oven-ready pheasants
1 onion
100g mixed mushrooms
100g plain flour
75g pitted black olives
250ml white wine
250ml chicken stock
2 garlic cloves
Salt and pepper
2 tbsp. oil

Directions:

1. Slice the onion into half-moons and mince the garlic cloves. Roughly chop the mushrooms and finely slice the olives.
2. Slice the pheasants into portions.
3. Place the flour and a good pinch of salt and pepper into a plastic bag and then place the pheasant portions into the bag. Shake to cover them and then remove them from the bag, dusting off any excess.
4. Heat the oil in a large pan and brown the pheasant portions on all sides. Once browned, place them into a slow cooker.
5. Soften the onions, mushrooms and garlic in the oil you cooked the pheasant in for around five minutes and then add these to the slow cooker too.
6. Put the wine into the saucepan and boil it for five minutes before adding it to the slow cooker along with the olives and the chicken stock.
7. Cook the stew for four hours on a high setting or for 7 hours on a low setting.

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