

Pheasant Breasts with a Redcurrant and Red Wine Sauce

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

Another elegant dish – the sauce really emphasises the lovely richness of the pheasant.

Ingredients:

4 large pheasant breasts
200ml red wine
100g redcurrants
2 shallots
2 tbsp. red wine vinegar or balsamic vinegar if you don't have it
150ml chicken stock
1 tsp. wholegrain mustard
1 tsp. fresh thyme leaves
1 tsp. olive oil
Good pinch of salt and pepper

Directions:

1. Finely chop the shallots.
2. Heat the oil in a large pan and brown the pheasant breasts on all sides.
3. Set the pheasant breasts to one side and then add the shallots to the pan you cooked them in.
4. Once tender and golden, pour in the red wine and vinegar and then reduce the liquid by half. Stir in the remaining stock and add the thyme leaves, and then reduce the sauce to a simmer.
5. Return the pheasant breasts to the pan and cook them for 5 minutes on each side, then remove them again and set them to one side, keeping them warm covered with tin foil.
6. Finish the sauce by adding the redcurrants and mustard to the sauce, heating until the redcurrants are hot and the sauce has reduced a little. Season well and then serve spooned over the pheasant breasts.

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