

# Pheasant Stew

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*This is a delightful way to enjoy pheasant. It works especially well with some crusty white bread dipped into the gravy of the stew.*

## Ingredients:

1 oven-ready pheasant, cut into breast and leg pieces  
400ml chicken stock  
300ml red wine  
1 large onion  
100g flour  
Pinch of salt and pepper  
25g butter  
Glug of olive oil  
1 leek  
100g mushrooms  
1 bouquet garni made of rosemary, thyme, sage and parsley)

## Directions:

1. Finely slice the onion, leek and mushrooms.
2. Dust all of the pheasant pieces with flour and a pinch of salt and pepper and then shake to remove any excess.
3. Put the stock in a pan to heat up slowly.
4. Heat a glug of oil in a large pan and once hot, fry the pheasant pieces until golden brown on all sides.
5. Remove the pheasant and set to one side and then add the butter to the pan you cooked the pheasant in. Once melted, fry the leek, onion and mushrooms until golden brown and then set to one side, separately from the pheasant.
6. Preheat the oven to 190C.
7. Pour half of the wine into the pan you cooked everything in and scrap the pan with a wooden spoon to get all the bits up from the bottom of the pan. Cook until the liquid volume in the pan has reduced by half, then put this reduced liquid into a large casserole dish along with the pheasant pieces, the remaining red wine, the leek and mushroom mixture and then pour in the stock to cover the vegetables and the pheasant pieces. Stir well to combine.
8. Add the bouquet garni and cover the casserole dish with a lid or foil.
9. Cook for one hour and then check on the casserole. If it needs more stock, add more.
10. Cook for a further half an hour and then serve hot from the oven.

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