

# BRACE OF DALES PHEASANT

## POT ROAST



### FOR BEST RESULTS, POT ROAST THIS CUT

OVEN TEMPERATURES	°C	°F	GAS MARK
VERY COOL	140°C	275°C	1
WARM	160°C	325°C	3
FAIRLY HOT	190°C	375°F	5
HOT	220°C	425°C	7
VERY HOT	240°C	475°C	9

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

*Jeff Baker*

Executive Development Chef

### METHOD

- 1 Remove your pheasant from the packaging & bring to room temperature.
- 2 Preheat your oven to 220°C /200°C fan assisted (gas mark 7).
- 3 Choose a large, flameproof casserole with deep sides & tight-fitting lid.
- 4 Season the bird with salt & pepper & rub with a little poultry fat all over.
- 5 Make a trivet by roughly chopping equal amounts of onion, carrot and celery (or our preferred choice of celeriac, the root of the celery) plus a bay leaf, sprig of thyme and a few black peppercorns then place the bird breast side up onto the trivet, place in the centre of the oven and roast for 20 minutes until nicely browned.
- 6 Reduce oven to 160°C /140°C fan assisted (gas mark 3)
- 7 Turn the bird onto its side then add 200ml white wine, chicken or game stock to the dish & cover with a tight-fitting lid & cook for 1 1/2 hours turning once, to test it's ready pierce the thickest part of the thigh with a skewer, it should be soft when pierced with no resistance.
- 8 Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil whilst finishing the sauce.
- 9 Pass the roasting juices through a fine strainer into a clean saucepan & bring to a simmer, add a splash of cream & simmer for a few minutes to thicken.
- 10 Pour the finished sauce over the joint & serve.

### SERVING SUGGESTION

Serve with soft polenta & crisp pancetta.

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