

Ingredients needed for: ____/____/____ Name: _____

POT-ROASTED PHEASANT WITH VEGETABLES

Ingredients

2 pheasant legs
2 pheasant breasts
Oil
1 carrot
1 onion
1 sticks celery
2 cloves of garlic
2 sprigs of thyme
2 tbsps chopped parsley
½ tsp tomato puree
300ml chicken stock (1 stock cube)

Equipment

Medium ovenproof saucepan with a lid
Peeler
Knife
Green chopping board
Non slip mat
Tablespoon
Teaspoon
Kettle
Jug
Fork



Method

1. Preheat the oven 180°C/gas mark 4.
2. Peel and chop all of the vegetables into 1cm dice. Make the stock by boiling a kettle, and adding 300ml water to the stock cube. Stir.
3. In an ovenproof saucepan (with a lid) add a splash of oil.
4. Season the meat and sear in the pan till it colours lightly.
5. Remove and set aside.
6. Add the vegetables, garlic and herbs to the pan, then the tomato puree, and cook for two minutes.
7. Put the pheasant legs back into the pan.
8. Add the chicken stock and enough water to cover the meat and place in the oven for 10-20 minutes, cover with a lid.
9. The legs will be ready when you can bend them easily.
10. If the sauce is too thin, reduce on the stove (having removed the vegetables and meat).
11. Serve with crushed swede or mashed potato and finish with chopped parsley.