



# Pheasant Pie with Apple and Cranberries

Serves 8

Local Pheasants are great for trying something that we can source from our local farming community. Using seasonal cooking apples and cranberries, this is sure to bring the WOW factor to your table! To ensure we get the most out of our pheasant, serve the pie with a gravy made from the roasted leftover pheasant infused with a bouquet garni of herbs!

## Equipment

- Apron
- Non Slip Mat or Tea Towel
- Chopping Board
- Sharp Knife
- Mixing Bowl
- Measuring Spoon
- Onion Chopper (Optional)
- Peeler
- Apple Corer
- Measuring Cup
- Damp Cloth
- Scissors
- Plastic Cup
- Hob
- Frying Pan
- Wooden Spoon
- Pastry Brush
- Small Bowl
- Baking Tray
- Parchment Paper
- Serving Dish

## Ingredients

- 4 Filleted Pheasant Breasts diced (or chicken or duck breasts)
- 1 tbsp. Soy Sauce
- 2 tbsp. olive oil
- 200g Smoked Bacon Lardons
- 1 Medium Onion or 2 small shallots chopped
- 1 small cooking apple, peeled, cored and diced
- ¼ cup dried cranberries
- 8 button mushrooms
- 1 tbsp. plain flour
- 1 tbsp. chopped fresh thyme
- 1 tbsp. chopped fresh parsley
- 2 sheets ready rolled puff pastry
- 50g melted butter

## Nutrients

Pheasants are a great source of protein and as it is a wild game bird, it is generally leaner than farmed birds. Pheasants are rich in iron which is an important mineral that helps our blood transport oxygen around our bodies. Pheasants are rich in other minerals such as selenium which boosts our immune system and help protect our cells from damage by free radicals. Pheasants are a good source of our required Vitamin B's.





Mushrooms are one of the few plants that contain Vitamin D. They are able to produce Vitamin D when exposed to sunlight.

Cranberries have wonderful anti-inflammatory benefits and are a good source of Vitamin C and dietary fibre.

## Method

1. Preheat the oven to 190°C/170°C fan or gas mark 5. Grease the baking tray or use parchment paper.
2. Put the diced pheasant breasts into a bowl and mix in the 1 tbsp. soya sauce.
3. Heat the olive oil in a frying pan over medium heat, then add the bacon lardon and fry until crispy.
4. Add the marinated pheasant breast and brown.
5. Add the chopped onion or shallots and cook until onions are translucent.
6. Add the sliced mushrooms, chopped apples and dried cranberries and cook for a further 5 minutes.
7. Add the chopped thyme and fresh parsley.
8. Add the tbsp. of flour and stir in to thicken any sauce.
9. Remove from pan and place into bowl to cool.
10. Lay the flat sheet of puff pastry on a clean work surface dusted with a little flour. Cut the pastry sheet into 4 quarters (they might not be perfect squares).
11. Place 4 tablespoonful of the pheasant mixture in the centre of the puff pastry quarter, then bring the two adjoining corners of the pastry into the centre and squeeze together the seam and crimp. Do the same to the other corners and then squeeze and crimp the remaining seams.
12. Place the cracker onto a baking tray and brush with the melted butter.
13. Bake for 20 minutes until lightly golden. Serve with gravy.

Based on recipe from Lets Get Cooking <http://www.childrensfoodtrust.org.uk/lets-get-cooking-at-home/recipes/veggie-cracker/> and <http://www.deliciousmagazine.co.uk/recipes/pheasant-pie-with-stuffing-balls/>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
 Puff Pastry	 Pheasant Breast	 Butter	 Mushrooms    Cooking Apple
<p><b>Allergens: Wheat ; Gluten ; Milk ; Soya</b>            Presence of allergens can vary by brand – always check product labels.</p>			

**Try something different next time:** Instead of pheasants you can use other game bird such as partridge or ostrich. Turkey and chicken breasts are also conventional options you can use. If you prefer a more savoury taste, substitute the apples and cranberries for vegetables such as diced carrots and leeks instead. You don't always have to make it in the shape of crackers, ordinary square parcels are also fine. Filo pastry can also be used instead of puff and can be made into individual finger food nibbles.

Skills learnt today:

You have: diced ;  
measured ; sliced ;  
chopped ; snipped ;  
peeled ; browned ;  
brushed ; rolled and  
shaped ; baked.

