

Pheasant Rolls

One of my favourite game recipes, and so easy to prepare, every season I make large batches to give as gifts to friends and hosts on shoot days and special occasions.

Ingredients

Flaky pastry (ready rolled puff pastry is ideal; I usually get two packets)

1 Onion

4 Pheasant breasts

4 Parsnips

100g Bacon lardons

A handful of apricots (optional)

Chilli flakes

Salt & pepper

Garlic powder

2 Eggs

Method

Pre-heat your oven to roughly 180C

If you are using shop bought pastry (as I usually do!) make sure to take it out of the fridge before you start prepping the ingredients as it needs to be room temperature for you to roll.

Finely chop the onion, parsnips and apricots and dice the pheasant breasts (you could use partridge or a mixture of both). A food processor can be used to get the ingredients into small chunks, but make sure they keep their shape and texture, you don't want to end up with a paste.

Add the onion, parsnips, apricots, pheasant and bacon lardons to a hot pan until the meat is cooked through and the vegetables are soft. Season with salt and pepper, and add a small quantity of chilli flakes and garlic powder to suit your tastes. Turn the heat off and add 1 egg to bind all the ingredients together.

Let the mixture cool and then roll out your pastry into a large rectangle. Slice it into several smaller rectangles. The size of these will determine how much filling you can add to each roll. When you're happy with your pastry, add the cooled filling in a strip across each rectangle. Gently and neatly roll the pastry around the filling, tucking the edge as close in and under the mixture as you possibly can. Trim any excess pastry. You should now have several long, filled rolls. Slice these evenly with a sharp knife into as many sections as you wish, depending on how big you would like your pheasant rolls. Egg wash the pastry, place on a baking tray and pop in the oven for about 20 minutes, or until the pastry turns golden brown.

Take out of the oven and leave to cool. Then get stuck in, have them for dinner, serve them to your family or save them for elevenses on your next shoot day!

