

## Game Recipe



# Pheasant Kiev

## with Pheasant Leg Baked Beans

by Joe Bartlett, Head Chef at Hart Street Tavern



### INGREDIENTS

#### PHEASANT LEG BAKED BEANS

- 4 pheasant legs
- 800g dried haricot beans, soaked over night
- 3 litres water to cook the beans
- 2 teaspoons English mustard powder
- 4 tablespoons black treacle
- 4 tablespoons soft dark brown sugar
- 4 tablespoons tomato paste
- 4 cloves garlic, crushed
- 2 onions, sliced
- 2 bay leaves
- 250g pancetta

#### PHEASANT KIEV

- 4 skinned pheasant breasts
- 2 cloves garlic, crushed
- 20g flat leaf parsley, chopped
- Sea salt to taste
- Black pepper to taste
- 200g unsalted butter at room temperature
- 2 eggs, beaten
- 100g plain flour
- 200g panko bread crumbs
- Vegetable oil for frying

### METHOD

#### PHEASANT LEG BAKED BEANS

1. Cook the beans in water until tender. Strain and keep the liquor.
2. Add the mustard powder, treacle, sugar, tomato purée and crushed garlic to the liquor and stick blend.
3. Pour the mixture over the beans along with the onions and pancetta. Bake in the oven at 120°C for about 4 hours. For the last hour of cooking remove the lid from the pan and stir the beans from time to time until sticky and cooked. Taste and season.

#### PHEASANT KIEV

1. In a bowl mix together the butter, garlic, parsley and a good pinch of salt and pepper. Place in a piping bag and keep at room temperature.
2. Using a sharp paring knife, make an incision from the thick end of the breast through to the thin end creating a tunnel to pipe the garlic butter in. Try not to pierce through the outside of the meat.

3. Pipe the garlic butter into the incision and load as much in there as possible. Place the stuff breasts in the fridge to firm up the butter.
4. Dredge the pheasant breast through the flour, then through the egg with a final dredge through the panko crumb.
5. Heat a deep fat fryer or pan of oil to 180°C, and fry the Kiev's until golden and crisp. Serve immediately.