



HELIGIG CYMRU  
GAME MEAT WALES

THE  
CUSTOM HOUSE

# Roast Pheasant

## with Parsnip Purée and Cabbage Parcels

Serves 4

### INGREDIENTS

#### PHEASANT

- 2 pheasants
- Pinch of salt and pepper
- Splash of vegetable oil
- 50g salted butter

#### PARSNIP PURÉE

- 5 parsnips
- 100ml double cream
- 4 sprigs of fresh thyme
- 1 garlic clove chopped
- Knob of butter
- 500ml stock

#### CABBAGE PARCELS

- 1 Savoy cabbage
- 1 shallot finely diced
- 3 sprigs of fresh thyme
- 1 clove of garlic chopped
- 40g salted butter
- 30g chestnuts finely diced



### METHOD

#### PHEASANT

1. Preheat the oven to 180°C.
2. Heat a sauté pan and add a little oil. Season the pheasant with salt, pepper and butter and place the crowns down in the sauté pan, colour the skin side until golden brown.
3. Repeat to cook the crown on the other side and place in the oven for a further 20 - 30 minutes depending on size.

#### PARSNIP PURÉE

1. Peel the parsnips and cook them gently in the stock until tender – roughly 15-20 minutes.
2. Remove 3 of the parsnips from the stock and blend them in a food processor adding a little of the cream and stock until silky and smooth. Season with salt and pepper.
3. Then pass through a fine chinois. Place in a small pot and cover until needed.

#### TO SERVE

1. Take the 4 outer leaves from the cabbage and blanch them in boiling salted water until tender.
2. Then finely slice the rest of the cabbage to its core. Blanch the sliced cabbage until tender, around 4-5 minutes, strain and remove all the water by gently squeezing the cabbage.
3. Cook the shallot in a pan on a medium heat with a little butter and add the remaining cream with the thyme, garlic and chestnuts.
4. Reduce slightly and add the sliced cabbage stirring to combine. Season to taste with salt and pepper and cool in the fridge.
5. Once cool, shape the sliced cabbage into 4 equal balls and wrap each one in the cabbage leaves, then wrap tightly in cling film to hold the shape.
6. Warm the cabbage balls in some boiling water for 4-5 minutes, then remove and cut off the clingfilm.
7. Cut and then pan-fry the remaining parsnips in a little butter until golden brown. Remove the pheasant from the oven and leave to rest for 5 minutes.



BY CINDY CHALLONER  
HEAD CHEF AT  
THE OLD CUSTOM HOUSE