

**TIME:** 80 mins**SERVING:** 4-6 people**INGREDIENTS:**

750g Maris Piper potatoes  
225g parsnips  
1 large dessert apple, peeled  
and cut into chunks  
50g butter  
3 tablespoons crème fraiche  
2 each of fresh chopped  
chives and parsley  
2 teaspoons plain flour  
4 to 6 pheasant breasts  
2 teaspoons olive oil  
50ml white wine  
200ml chicken stock.



For the mash: Peel potatoes and parsnips and boil in separate pans for 15-20 minutes, adding the apple to the parsnip for the final five minutes. Drain well. Place in one pan, stir over heat for five minutes to remove moisture then, away from the heat mash in half the butter, crème fraiche, herbs and seasoning. Keep warm until ready to serve. Mix the remainder of the butter and the flour together. Heat the oil in a non-stick pan and fry the pheasant breast, skin side down, for one minute turn over, and add the wine to the pan, allowing it to boil rapidly until reduced by about two thirds. Pour in the stock and reduce the heat and simmer for five minutes. Remove the pheasant breasts and mix in the flour and butter to thicken the sauce. Serve the pheasant breasts on top of the mash with the wine sauce poured over.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**