

Slow Roast Pheasant Ramen

Traditional ramen noodles with slow roasted pheasant breast.

Serves: 4

Prep time: 1 hr

Cook time: 3 hrs

Ingredients:

For the stock:

50g Lemongrass

20g Chilli, chopped

50g Ginger, chopped

50g Galangal, chopped

30g Palm sugar

1ltr Chicken stock

20ml Fish sauce

50ml Soy sauce

For the ramen:

4x Pheasant breasts

2x Leeks

3x Carrots

1x Tin of bamboo

1x Pre-cooked ramen noodles

50g Fresh coriander, chopped

30g Spring onions, chopped

Method:

1. First, start infusing the stock. Bring the 1 litre of chicken stock to the boil with all of the broth ingredients. Season with soy and fish sauce, then bring back to the boil, and simmer for an hour.
2. While the stock simmers, set the oven to 160°C and julienne your leeks, carrots and bamboo (slice them into extremely skinny strips, about 5cm long). Set them aside.
3. When the oven's hot enough, season the pheasant breasts with a touch of salt and pepper, place on a baking tray and roast for around 20 minutes.
4. Saving the liquid, strain your stock through a colander and then reboil. Taste to check the seasoning: it should be slightly hot and salted, with just a hint of sweetness.
5. Place your cooked ramen noodles in a large ramen bowl, and pour the hot stock over the top. This heats the noodles really quickly, without overcooking them.

6. Slice the roasted pheasant breast and add it to the ramen, then mix in all the vegetables. They will lightly cook in the boiling stock. Finish with a chopped coriander garnish, and serve with chopsticks and a traditional ramen spoon.