PHEASANT KIEVS WITH MUSTARD MASH

INGREDIENTS

Serving 8

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|   | **For the Kievs** |
| 8 | Pheasant breasts, skinless and boneless |
| 225g | Dried Breadcrumbs |
| 75g | Parmesan, grated |
| 5 | Eggs, beaten |
| 100g | Plain Flour |
| 1 pinch | Paprika |
| 4 tbsp | Sunflower or Vegetable oil (for frying) |
|   | **For the Garlic Butter** |
| 4 | Garlic Cloves, crushed |
| 2 tbsp | Parsley, finely chopped |
| 200g | Butter, softened |
|  | Juice of 1/2 Lemon |
|   | **For the Mustard Mash** |
| 1.5kg | Potatoes, cut into even chunks |
| 100g | Butter |
| 100ml | Milk |
| 1tsp | Wholegrain Mustard |

**Make the Garlic Butter**

Place all the ingredients for the garlic butter in a bowl and season well. Mash with a fork until combined and shape into two sausages. Tightly wrap in clingfilm, and then chill or freeze until really firm (this can be done up to 3 days in advance).

Once solid, slice each roll into 8 even pieces.

**Prepare the Pheasant**

Lay a pheasant breast on a chopping board and use a sharp knife to make a deep pocket inside the breast.

The easiest way to do this is to push the point of a knife into the fat end halfway into the fillet. Be careful not to cut the whole way through, or the garlic butter will leak out when cooking.

Repeat with the remaining breasts.

**Stuff the Kievs**

Push 2 discs of butter inside each pheasant breast, press to flatten and reseal with your hands. Set aside for later.

**Coat the Kievs**

Mix the breadcrumbs and parmesan together on a plate, and tip the eggs onto another. On a third plate, mix the flour with paprika and some salt.

Dip each breast in the flour, then the egg, and finally the breadcrumbs, making sure the fillet is fully coated by each. Chill for at least 1hr before cooking, or freeze now.

(Tip: use one hand for the wet ingredients, and your other for the dry ingredients.  Being careful not to cross-contaminate them.  This will keep mess to a minimum!)

**Cook the Kievs**

To cook, preheat the oven to 180°C/160°C Fan/Gas mark 4.

In a large frying pan heat the oil over a medium-high heat and fry the kievs for about 1min on each side until golden (you may need to do this in batches).

Transfer to a baking tray and cook for 10-12 mins until cooked through.

**Prepare the Mash**

Tip the potatoes into a large saucepan, cover with boiling water and cook for about 20mins or until soft.

Drain the potatoes in a colander, and leave to steam dry for a few moments, before returning to the pan.

Add the butter, milk and mustard, season well, then mash thoroughly until creamy. Cover the mash to keep it warm before serving.

Recipe courtesy of www.eatwild.co