Pheasant Mac & cheese

INGREDIENTS

Serving 2

|  |  |
| --- | --- |
|   | **For the Macaroni** |
| 226g | Dry macaroni |
| 32g | Unsalted butter |
| 1/2 | Shallot, chopped |
| 1 | Garlic clove, minced |
| 3 tbsp | All-purpose flour |
| 480ml | Milk |
| 230g | Cheddar, grated |
| 1 tsp | Dried mustard (optional |
| 250g | Cooked pheasant, shredded |
|   | **For the Breadcrumb Topping** |
| 63g | Butter |
| 94g | Breadcrumbs |

EQUIPMENT

|  |
| --- |
| Large Saucepan |
| Medium Saucepan |
| Small Skillet/Frying Pan |
| 8x8 Baking Dish (optional) |

For the pheasant, you can use leftover pheasant, or quickly poach a few pheasant breasts in chicken stock before starting.

**Cook the Macaroni**

Bring a pot of salted water to the boil and cook the pasta until al dente (there should be a slight crunch or bite left to the pasta.

Drain and rinse in cool water to stop the cooking, and to keep the pasta from sticking together. Set aside until needed.

**Cook the Onions & Garlic**

In a large pot over a medium heat, add butter. Once the butter is melted, add the chopped onions and cook for a few minutes until they turn translucent, then add the garlic and cook for another 30 seconds.

Stir the flour into the onion/garlic mixture and cook for a minute.

**Create the Cheese Sauce**

Add small quantities of milk, mixing until it is completely combined before adding more.  This mixture will thicken as it heats.

Stir in the grated cheese and the mustard (if using). Continue to cook, stirring occasionally, until the cheese has melted.

**Add the Macaroni and Pheasant**

Once the cheese has melted, stir in the pheasant and cooked pasta.

Taste, and season with salt and pepper as needed.

**Create the Breadcrumb Topping**

Melt the butter in a small skillet over a low heat and stir in the breadcrumbs until well combined. Continue to stir over a low heat until the breadcrumbs are browned, 3-4 minutes should be enough.

Remove from the head, and let cool. (The breadcrumbs can also be toasted ahead of time and stored in an airtight container.)

**Serve**

Ladle the cheesy pheasant macaroni into serving dishes when it’s super creamy, and top it with crispy breadcrumbs.

If you’d prefer a casserole-style mac and cheese, you can transfer the contents to an 8×8 baking dish, top it with breadcrumbs, and bake at 170°C for 20 minutes. This is a great option if you want to make the dish in advance.