



Wild Game Recipe  
by Swedish Chef Peter Skogström

## **PHEASANT WITH MUSTARD STEWED KALE AND SPICED BAKED PARSNIPS**

### **INGREDIENTS: 4 servings**

|        |                            |        |   |
|--------|----------------------------|--------|---|
| 1 pc   | Whole Pheasant Bird        | 2 tbsp | Dijon Mustard                                   |
| 6 dl   | Game Gravy/Broth           | 4 pcs  | Parsnips  |
| 100 g  | Root Vegetables and Onions | 1,5 dl | Leaf Parsley, Picked                            |
| 4 dl   | White Wine                 | 1/2 dl | Spices, Cinnamon, Bay Leaf, 3x<br>Pepper, Anise |
| 7 dl   | Kale, Parboiled            | 4 tbsp | Minced Shallot                                  |
| 3 pcs  | Shallots, Minced           |        | Olive Oil, Butter                               |
| 3 dl   | Cream                      |        |   |
| 3 tbsp | Mustard Seeds, Blanched    |        |   |

### **PREPARATIONS:**

#### **Pheasant Preparations:**

1. Cut up the pheasant so the breasts are on the bone, save the rest for the sauce.

#### **Sauce:**

1. Brown the trimmings from the pheasant along with the root vegetables, onions, tomato purée and add wine and broth. Cook down the pheasant juices until 2/3 remains.

#### **Pheasant:**

1. Brown the bird all the way around with thyme and bake in 120°C oven for about 20 min.

2. Take out and let rest for at least 20 minutes before cutting the breast fillets from the bone, bring to high heat just before serving.

### **Kale and Parsnip:**

1. Peel and chop the parsnip into arrow-shaped strips, toss with olive oil, spice mix and bake in the oven at 175 ° C for about 30 minutes. Take out and toss with parsley.
2. Cut the kale in rough strips and sauté in a saucepan with the onion and mustard seeds, add the cream and cook down until almost nothing remains. Finally, add the Dijon mustard and season with salt and pepper.

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### **SERVING:**

Finish by seasoning the sauce to taste and carving the meat. Serve with some mashed potatoes.