



PHEASANT TARTLETS

AN OLD DANISH CLASSIC

This recipe is an old Danish classic dish reinvented with a wild twist. In Denmark we refer to this as 'Hens in Tartlets'. Today instead of chicken we will use pheasant. Serve the tartlets as a starter or with your main course as a fancy side dish. Happy cooking.

PHEASANT TARTLETS

Ingredients

4 pheasant breasts, cut into cubes
300 ml vegetable stock
1 carrot, finely chopped
1 onion, finely chopped
3 bay leaves
50 g butter
2 tbsp flour
400 ml milk
200 g white asparagus (canned or fresh)
12-14 tartlets (homemade or ready-made)
2 handful of fresh parsley
Salt and freshly ground pepper

 40 min.

Method

In a pot add pheasant breast (not chopped yet), vegetable stock, carrot, onion, pepper, salt and bay leaves and bring to a boil. Let cook for about 20 minutes. The pheasant breast must be done in the middle but try not to over-cook them. Set aside the broth of this water when finished – we'll use it for the sauce later.

Next, melt butter in a pot. Slowly add flour while continuing to stir the mix. Add milk, bit by bit, keep stirring the pot until you end up with a smooth mix. Let simmer for 2 min while constantly stirring. Add salt, pepper and add some of the pheasant broth until you get the desired consistency.

Now, cut pheasant breasts into small cubes, cut asparagus in small pieces (about 2cm) and add it to the sauce.

Heat the tartlets in the oven for a few minutes. Fill the tartlets with the sauce and sprinkle with fresh parsley, salt and pepper.

Happy cooking & Bon appétit.