

H A R E W O O D



Warm salad of pan-fried pheasant breast with Harewood served with watercress, charlotte potatoes and a dressing of sherry vinegar and walnut oil

By Darren Collinson Executive Head Chef

Serves 4

225g small floury potatoes (such as Charlotte or Maris Piper)
15g best butter
3tbsp light olive oil
2 pheasant breasts (175-225g each)
75g watercress sprigs
small red onion, sliced thinly
1tbsp fresh chives, finely chopped
salt and freshly ground black pepper
for the dressing
tsp wholegrain mustard
1 small shallot, finely chopped
garlic clove, peeled and finely chopped
2tbsp sherry vinegar
2 tsp good quality walnut oil
2tbsp virgin olive oil
1tbsp fresh chives, finely chopped
salt and freshly ground black pepper

1. Peel the potatoes and cut them in half lengthways, and then slice across each half into 5mm thick slices. Cook the sliced potato in a pan of boiling, salted water for 4-5 minutes until just tender. Drain well.
2. Heat the butter and 1 tablespoon of olive oil in a heavy-based frying pan, add the potatoes pieces and sauté until golden brown on the outside. Season with salt and pepper, remove from the pan and keep warm.
3. Brush the pheasant breasts on both sides with the remaining olive oil and season with some salt and pepper. Heat a frying pan over a high heat, add the oiled pheasant breasts skin side down and sear briefly on both sides until nicely golden brown. Reduce to a medium heat, cover and cook gently for 5-6 minutes on each side until just cooked through. Lift onto a plate, cover and leave to rest for 5 minutes. The juice in the pan will form the base of the dressing.
4. For the dressing; after removing the pheasant breasts, add shallot and garlic to the pan and fry for a few seconds, without browning. Add the vinegar and using a wooden spoon scrape up all the caramelised juices from the base of the pan. Using a whisk combine the shallot mixture with the other dressing ingredients in a small bowl.
5. When you are ready to serve the dish; arrange some of the watercress and some of the sliced onion on four serving plates. Thinly slice the pheasant across the breast and carefully arrange slices of the meat with slices of the potato over the watercress. Add the rest of the onion and watercress over the top, drizzle with the oil and sprinkle with chives.