



Ballotine of pheasant

READY IN



105 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 no boil lasagna noodles
- ☐ 25 g butter soft
- ☐ 12 bacon smoked
- ☐ 1 onion finely chopped
- ☐ 2 tsp butter
- ☐ 50 g brandy
- ☐ 2 tbsp thyme leaves
- ☐ 1 large handful parsley roughly chopped
- ☐ 25 g pistachios

- ☐ 25 g breadcrumbs fresh
- ☐ 400 g frangelico whole
- ☐ 400 g frangelico whole

Equipment

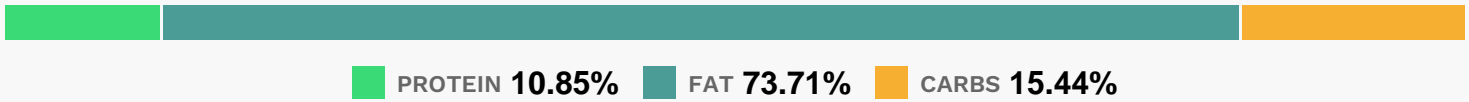
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ First, make the stuffing. Fry the onion in the butter for 5-10 mins until softened, then leave to cool completely. Thoroughly mix the remaining ingredients in a large bowl, including the cooled onions.
- ☐ If the wings are attached, cut at the first joint (on most butchered birds they will have been removed). Find the wishbone between the neck and the breast, then use a sharp knife to scrape away the flesh around it. Gently pull it out, trying to keep it as one, cut it away and discard.
- ☐ Place the pheasant, breast side down, on the board. Using a sharp boning knife, see tip, left, cut through the skin to the backbone along the length of the bird.
- ☐ Working down the length of the pheasant, slowly run your knife down against the ribcage, keeping close to the bone and scraping the flesh away from both. Twist out the thigh joints when you get to them.
- ☐ Very carefully cut away the main carcass. This is where the skin is at its thinnest, so cut carefully as you dont want to nip or pierce the skin.
- ☐ Open the bird out like a book and lay it, skin-side down, on the board.
- ☐ Season the birds flesh with salt and pepper then arrange half of the stuffing down the middle of each of the birds in a sausage shape.
- ☐ Re-form the bird by lifting the sides up and around the stuffing. After youve done one, repeat with the other pheasant.

- ☐ Wrap each pheasant tightly and neatly with bacon so that the bacon goes all the way round the bird and joins on the underside.
- ☐ Using butchers string, tie the pheasant at regular intervals around the width. Then tie it once around the length to hold the stuffing in.
- ☐ Finally, tie the legs together. The pheasant can be prepared to this stage and chilled up to a day ahead.
- ☐ Heat oven to 200C/ 180C/gas
- ☐ Transfer the pheasant to a roasting tin. Roast for 45–50 mins, basting regularly with the juices from the tin. Finally, cover with foil and rest for about 15 mins.
- ☐ Serve in thick slices with the juices from the pan.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:9.7052174547444%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 473.68kcal (23.68%), Fat: 36.72g (56.48%), Saturated Fat: 13.72g (85.78%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.07g (5.48%), Sugar: 2.21g (2.45%), Cholesterol: 66.39mg (22.13%), Sodium: 541.09mg (23.53%), Alcohol: 4.18g (100%), Alcohol %: 3.76% (100%), Protein: 12.16g (24.31%), Selenium: 15.5µg (22.15%), Vitamin B1: 0.31mg (20.89%), Vitamin B6: 0.34mg (16.79%), Vitamin K: 17.53µg (16.7%), Vitamin B3: 3.26mg (16.32%), Phosphorus: 150.84mg (15.08%), Manganese: 0.24mg (11.96%), Vitamin C: 9.32mg (11.3%), Vitamin A: 520.09IU (10.4%), Fiber: 2.24g (8.95%), Iron: 1.55mg (8.64%), Potassium: 298.04mg (8.52%), Copper: 0.16mg (7.96%), Zinc: 1.14mg (7.6%), Vitamin B2: 0.12mg (6.88%), Magnesium: 27.19mg (6.8%), Vitamin B12: 0.37µg (6.11%), Vitamin B5: 0.5mg (4.95%), Folate: 18.46µg (4.61%), Calcium: 45.28mg (4.53%), Vitamin E: 0.65mg (4.32%), Vitamin D: 0.26µg

(1.76%)