



Cider-Braised Pheasant with Pearl Onions and Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apple cider
- ☐ 1 bay leaf
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 cup cooking wine dry white
- ☐ 1 teaspoon fennel seeds
- ☐ 5 tablespoons ginger fresh peeled roughly chopped
- ☐ 8 servings tarragon leaves fresh chopped

- ☐ 1 apples i use 2 granny smith apples cored peeled cut into 1-inch cubes
- ☐ 3 granny smith apples diced cored peeled
- ☐ 1 pinch kosher salt
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup orange juice freshly squeezed (from)
- ☐ 3 tablespoons orange zest finely grated (from)
- ☐ 10 ounces pearl onions ends trimmed
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 6 cups onions yellow halved thinly sliced
- ☐ 9 pound pheasants dry rinsed cut into 6 pieces
- ☐ 9 pound pheasants dry rinsed cut into 6 pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ In blender, combine olive oil, ginger, tarragon, orange juice, zest, salt, and pepper and purée until smooth. In large bowl, combine marinade and pheasant and toss to coat. Cover and refrigerate overnight or up to 48 hours.
- ☐ In very large Dutch oven over moderately high heat, heat olive oil until hot but not smoking.
- ☐ Remove pheasant pieces from marinade, scraping off excess, and sprinkle with salt and 1/2 teaspoon pepper. Working in batches, sear pheasant pieces until well browned, about 5 minutes per side.
- ☐ Transfer to paper towel-lined platter to drain.
- ☐ Preheat oven to 325°F. Skim off all but 1 tablespoon oil from pan, leaving browned bits at bottom, and set pan over moderately low heat.
- ☐ Add butter and heat until melted. Stir in onions, bay leaf, fennel seeds, salt, remaining 1/2 teaspoon pepper, and sugar. Cook, stirring occasionally, until onions are well caramelized, 30 to 40 minutes.
- ☐ Return pheasant to pot.
- ☐ Add chicken broth, cider, and wine. (Liquid should cover half of pheasant pieces.
- ☐ Add more chicken broth if necessary.) Raise heat to high and bring liquid to simmer.
- ☐ Add apples, cover, and transfer pot to oven. Braise, turning pheasant pieces occasionally, until meat is cooked through and tender, 45 minutes to 1 hour.
- ☐ Using tongs or slotted spoon, transfer pheasant to platter and cover with foil to keep warm. Set pot over high heat and bring pan juices to boil. Boil, uncovered, until sauce is well reduced and thickened, about 25 minutes. Taste and add additional salt and pepper, if necessary.
- ☐ Bring medium pot of water to boil.
- ☐ Add pearl onions and boil, uncovered, 1 minute.
- ☐ Drain and run under cold water until cool enough to handle; slip off skins.
- ☐ In small skillet over moderately high heat, heat oil until hot but not smoking.
- ☐ Add onions, apples, sugar, salt, and pepper and stir to combine. Sear, shaking pan occasionally, until onions and apples are dark golden, about 10 minutes. Stir in apple cider, scraping up any browned bits in pan. Reduce heat to low, cover, and cook until onions are fork tender, about 2 minutes more.
- ☐ Spoon some of sauce over pheasant and garnish with onions, apples, and chopped tarragon.
- ☐ Serve additional sauce alongside.

Nutrition Facts



Properties

Glycemic Index:51.61, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:8.2626086752052%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.28mg, Epicatechin: 7.28mg, Epicatechin: 7.28mg, Epicatechin: 7.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg, Isorhamnetin: 7.79mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 35.29mg, Quercetin: 35.29mg, Quercetin: 35.29mg, Quercetin: 35.29mg

Nutrients (% of daily need)

Calories: 194.53kcal (9.73%), Fat: 4.02g (6.19%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 33.8g (11.27%), Net Carbohydrates: 28.42g (10.34%), Sugar: 19.34g (21.48%), Cholesterol: 3.76mg (1.25%), Sodium: 323.96mg (14.09%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 3.66g (7.32%), Vitamin C: 27.33mg (33.12%), Fiber: 5.37g (21.5%), Manganese: 0.38mg (19.17%), Vitamin B6: 0.29mg (14.42%), Potassium: 491.14mg (14.03%), Folate: 41.19µg (10.3%), Phosphorus: 87.98mg (8.8%), Magnesium: 32.56mg (8.14%), Vitamin B1: 0.11mg (7.4%), Copper: 0.15mg (7.31%), Calcium: 67.92mg (6.79%), Vitamin B3: 1.33mg (6.64%), Vitamin B2: 0.11mg (6.59%), Iron: 1.11mg (6.18%), Vitamin K: 3.96µg (3.77%), Vitamin A: 179.67IU (3.59%), Vitamin E: 0.51mg (3.41%), Zinc: 0.48mg (3.18%), Vitamin B5: 0.31mg (3.14%), Selenium: 0.95µg (1.36%), Vitamin B12: 0.06µg (1.03%)