



HEALTH SCORE

72%

Hot game pie



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



1323 kcal

Ingredients

- ☐ 4 servings unrefined sunflower oil
- ☐ 1 sprigs thyme leaves fresh
- ☐ 2 bay leaves
- ☐ 1 carrots chopped
- ☐ 1 medium onion chopped
- ☐ 200 ml red wine
- ☐ 1 tbsp tomato purée
- ☐ 1 small celery root peeled chopped
- ☐ 50 g butter

- ☐ 1 bunch rosemary
- ☐ 3 venison
- ☐ 4 servings cooking oil for frying
- ☐ 100 g pancetta cut in small cubes or use bacon lardons
- ☐ 125 g onion
- ☐ 150 g mushrooms cleaned (try shiitakes, ceps and chestnuts)
- ☐ 200 g parsnips peeled cut into 6cm sticks
- ☐ 2 tsp clear honey
- ☐ 2 tsp coarse mustard
- ☐ 250 g puff pastry frozen thawed
- ☐ 2 egg yolk
- ☐ 1 sprigs sea salt
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ pie form

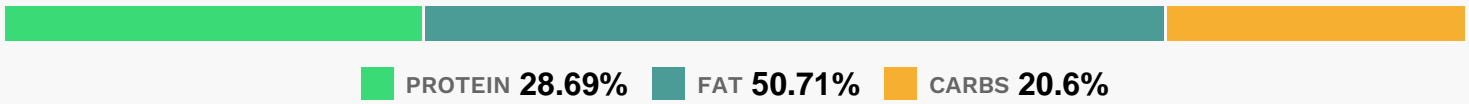
Directions

- ☐ Untie the pheasants and pull out the legs. Using the tip of a very sharp knife, detach the legs where the thigh joins the body. Then slice off the breast fillets from the rib cage as neatly as possible and set aside. Discard the rest of the carcass.
- ☐ Heat 2 tbsp oil in a large pan, brown the legs and season.

- ☐ Add the carrot, onion and 2–3 sprigs thyme, rosemary, bay leaves and cook for 5 mins.
- ☐ Pour in the wine, boil to reduce by three-quarters, then mix in the tomato pure. Cook for 1–2 mins, pour in 1.25 litres water and bring to a rapid boil. Skim off any fat and scum that rises to the top.
- ☐ Simmer the stock until it reduces by half to around 600ml, about 15 mins. Strain the stock and pour back into the pan. Boil until reduced to around 300ml. You can make up to this point 2 days in advance or freeze the stock for up to 1 month. (The leg meat isn't used in this recipe, but you can shred
- ☐ Make a celeriac pure. Saut the celeriac in the butter with 2 sprigs rosemary in a covered pan for 15–20 mins until soft. Discard the rosemary.
- ☐ Heat the stock, put a small ladleful in a blender or food processor with the celeriac, then blitz to a pure.
- ☐ Slice the breast fillets into large chunks and poach in the stock for 7 mins until just firm.
- ☐ Remove and set aside.
- ☐ Add the sausages, poach for 8–10 mins, then remove and slice. Take the stock off the heat.
- ☐ Heat oil in a large frying pan and saut the pancetta for 4–5 mins.
- ☐ Add the shallots or onions and some oil, then cook for another 5 mins. Tip the mixture into a large bowl.
- ☐ Add more oil to the pan and fry the mushrooms for 5 mins.
- ☐ Add to the bowl and toss together with your hands or a large spoon.
- ☐ Tip the parsnips into the pan with the honey and the leaves of a sprig of thyme. Season and cook for 5–7 mins, discard the thyme and remove to the bowl along with the meat. Chop a sprig each of thyme, rosemary and parsley, add to the bowl and toss everything together.
- ☐ Heat the stock and mix in 1 tbsp of the celeriac pure and the mustard. Spoon the remaining pure into the bottom of a deep rectangular 22 x 10cm pie dish. Tip the filling on top, then pour over the stock. The filled pie dish can be covered with cling film and chilled for up to a day.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Roll out the pastry on a lightly floured board to the thickness of 1 coin. Beat the yolks until smooth and brush some around the rim of the pie dish.
- ☐ Lay the pastry on top and press down the edge to seal. Using a sharp knife, trim off the excess, then pinch the edges to crimp.
- ☐ Brush evenly with more glaze.

- Cut out some small oval shapes, score leaf marks down the centre and pinch the ends. Fix onto the pastry and glaze with the egg. Fix thyme sprigs on top and crush over some sea salt flakes.
- Bake the pie for 10 mins, then reduce heat to 180C/fan 160C/gas 4 and bake for another 20-25 mins until golden and crisp. Leave to stand for 10 mins before serving.

Nutrition Facts



Properties

Glycemic Index:135.03, Glycemic Load:26.64, Inflammation Score:-10, Nutrition Score:61.324347786281%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 3.99mg, Apigenin: 3.99mg, Apigenin: 3.99mg, Apigenin: 3.99mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg, Isorhamnetin: 2.95mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1323.36kcal (66.17%), Fat: 72.26g (111.17%), Saturated Fat: 21.68g (135.48%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 57.51g (20.91%), Sugar: 12.89g (14.33%), Cholesterol: 427.45mg (142.48%), Sodium: 888.16mg (38.62%), Alcohol: 5.38g (100%), Alcohol %: 0.79% (100%), Protein: 91.99g (183.98%), Vitamin B12: 21.63µg (360.55%), Vitamin B3: 28.38mg (141.89%), Vitamin B2: 2.19mg (128.96%), Phosphorus: 1087.13mg (108.71%), Vitamin K: 97.96µg (93.3%), Selenium: 64.92µg (92.74%), Vitamin B6: 1.85mg (92.54%), Iron: 15.79mg (87.7%), Vitamin B1: 1.28mg (85.43%), Copper: 1.29mg (64.5%), Vitamin E: 9.42mg (62.78%), Potassium: 2196.64mg (62.76%), Zinc: 9.19mg (61.29%), Vitamin A: 3054.67IU (61.09%), Manganese: 1.21mg (60.4%), Magnesium: 159.24mg (39.81%), Folate: 145.63µg (36.41%), Vitamin C: 28.72mg (34.81%), Fiber: 8.56g (34.26%), Vitamin B5: 2.01mg (20.13%), Calcium: 160.98mg (16.1%), Vitamin D: 0.66µg (4.41%)