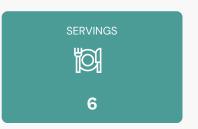


Pheasant, leek & bacon pie







Ingredients

50 g butter
200 g streaky bacon cut into chunk
4 leeks cut into large chunks
3 celery stalks sliced
3 carrots halved sliced
2 bay leaves
3 tbsp flour plain
300 ml cider

500 ml chicken stock see

	2 tbsp double cream	
	6 pheasant breasts cut into large chunks	
	3 tbsp wholegrain mustard	
	1 tbsp cider vinegar	
	500 g block puff pastry	
	6 servings eggs with a little milk, to glaze beaten	
Equipment		
	oven	
	casserole dish	
Directions		
	Heat the butter in a casserole dish and cook the bacon for 1 min until it changes colour.	
	Add the leeks, celery, carrots and bay, and cook until they start to soften. Stir the flour into the veg until it goes a sandy colour, then splash in the cider and reduce.	
	Pour in the chicken stock, stir, then add the cream. Season, then bring everything to a simmer	
	Add the pheasant and gently simmer for 20 mins until the meat and veg are tender. Stir through the mustard and vinegar, then turn off the heat and cool.	
	Heat oven to 220C/200C fan/gas	
	Tip the mixture into a large rectangular dish.	
	Roll the pastry out on a floured surface, place over the dish and trim round the edges, leaving an overhang.	
	Brush the pastry with egg, then decorate with any leftover pastry, if you like.	
	Sprinkle with a little sea salt. The pie can now be frozen for up to 1 month; defrost completely before baking.	
	Bake for 30-35 mins until golden.	
	Remove from the oven and leave to cool for 5 mins before serving.	

Nutrition Facts

Properties

Glycemic Index:66.97, Glycemic Load:30.11, Inflammation Score:-10, Nutrition Score:73.511304565098%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 3410.35kcal (170.52%), Fat: 189.71g (291.85%), Saturated Fat: 59.62g (372.63%), Carbohydrates: 68.57g (22.86%), Net Carbohydrates: 64.93g (23.61%), Sugar: 19.07g (21.19%), Cholesterol: 1046.4mg (348.8%), Sodium: 1361.85mg (59.21%), Alcohol: 2.49g (100%), Alcohol %: 0.16% (100%), Protein: 332.35g (664.69%), Vitamin B6: 9.51mg (475.28%), Vitamin B3: 94.92mg (474.62%), Selenium: 252.33µg (360.47%), Phosphorus: 3337.19mg (333.72%), Vitamin B12: 12.02µg (200.26%), Vitamin A: 9209.25IU (184.18%), Vitamin B2: 2.7mg (158.56%), Vitamin B5: 13.99mg (139.93%), Potassium: 4121.71mg (117.76%), Vitamin B1: 1.67mg (111.58%), Iron: 19.8mg (110.02%), Zinc: 15.3mg (101.99%), Vitamin C: 81.56mg (98.86%), Magnesium: 348.56mg (87.14%), Copper: 1.14mg (57.08%), Calcium: 533.35mg (53.33%), Manganese: 1.05mg (52.45%), Folate: 203.5µg (50.88%), Vitamin K: 47.68µg (45.41%), Vitamin D: 2.9µg (19.32%), Fiber: 3.64g (14.55%), Vitamin E: 1.76mg (11.74%)