

Pheasant Burger

4-8 Servings PREP: 25 mins COOK: 10 mins READY IN: 35 mins



Ingredients

450 g pheasant breasts	200 g Wild boar/Pork belly rind removed
100 g fresh breadcrumbs	1 small red onion finely diced
1/2 tsp Worcestershire sauce	1 pinch Salt
1 pinch cayenne pepper	1 tbsp extra virgin rapeseed oil
1 handful rocket	4-8 Brioche Burger Buns lightly toasted
2 beef tomatoes sliced	1 pickles, gherkins, onions sliced

Instructions

1. Start by mincing the pheasant and belly using a coarse plate. Once minced give the meat a really good mix before adding the breadcrumbs, diced onion, seasoning and Worcestershire sauce.
2. If you have time let the mix sit, covered, in the fridge for 30 minutes before putting it all back through the mincer again.
3. Add the sage and then start to mix by hand, you are looking for the mixture to become sticky and it will stick to your hand if you lift it above the bowl. This is your burger meat all made now and ready for shaping. Divide into 4 large burgers or if you like a double stack divide into 8. For the best finish use a burger press but for a more rustic, homely look free form with hands!
4. If you don't have a mincer this can be done in a food processor, chopping the belly and pheasant before pulsing to get your mix. Doesn't give quite the same result but works well enough. Make sure you only blend it once, unlike the mincer method which goes through twice.
5. Cooking the Burger: Place a pan over a medium heat and add the oil. Cook for around 4-5 minutes before flipping over, ensuring you have a nice rich colour to enhance the flavour and cook for a further 4-5 minutes. Juices should run clear and internal temperature should be 70°C. Remove from the heat and allow to rest.
6. Whilst the burgers rest put the burger buns, cut side down, in the pan to colour. Once coloured start building your burger - adding what you like!
7. These can be finished either in a frying pan, griddle pan or for best results over a hot BBQ!