

## Slow cooked Pheasant & Cheese Croquettes

20 croquettes PREP: 25mins COOK: 1h10 READY IN: 1h35



### Ingredients

6 pheasant legs	1tsp chopped tarragon
1 ltr chicken stock	1tsp Dijon mustard
90 grams Butter	20g parmesan
120 grams plain flour	50g cheddar cheese
2 tsp chopped tarragon	4 eggs
1 tsp Dijon Mustard	50g Japanese panko breadcrumbs
20 grams parmesan	Vegetable Oil

### Instructions

1. Place pheasant legs in stock and bring to the boil. Cook slowly until the meat is falling from bone. Remove the legs from stock pick all the meat off while hot. Discard any tough sinews. Pull the meat so that it is in strands, just like pulled pork.
2. Place butter in a thick-bottomed pan and melt. Add half of flour, mixing well until it all comes together to make a roux. Cook for 3 to 4 minutes, stirring continually.
3. Next, add a third of the hot stock and mix well until all the lumps disappear. Add another third. Finally, add the remaining stock, continuing to mix. When the sauce is smooth, turn the heat to low and leave to cook for 8 to 10 minutes. The mix should be quite thick now.
4. Remove pan from heat, add the meat, then tarragon, mustard and both cheeses. Mix well, then season to taste. Pour the mix out into a tray, spreading it out so that it will cool more quickly. Place in the fridge for 20 minutes to cool thoroughly. When the mix has hardened, scoop it into a piping bag without a nozzle and pipe out into 50g pieces.
5. Take two shallow dishes. Break the eggs into one and mix well, and tip the breadcrumbs into the other. Place each of the mix pieces onto a flour-dusted table and roll them into croquet shapes. Dip thoroughly in egg and then cover evenly in breadcrumbs.
6. Heat oil in a fat fryer or a deep pan to 170°C and drop in a few croquettes at a time. Fry until golden brown. After removing from the oil, place the croquettes on a paper towel to drain excess oil. Serve hot and with a dollop of ketchup.