



Pheasant Ragu

A hearty Autumnal ragu

Serves: 4

Prepare: 30 Minutes

Cook: 4 Hours

Difficulty: easy

Ingredients

- 1 [pheasant](#)
- 250ml [organic chicken bone broth](#)
- a handful of dried organic shitake mushrooms
- 1 white onion, peeled
- 1 large carrot, peeled
- 1 celery stick
- 2 garlic cloves, peeled and crushed
- rapeseed oil for cooking
- 2 rashers of [organic nitrate-free bacon](#), chopped
- ½ tsp coriander seeds
- ½ cinnamon stick
- 1 tsp of mixed herbs
- 250ml tomato passata
- 125ml glass of white wine
- Salt and freshly ground black pepper to season
- 400g tagliatelle, cooked

Method

1. Preheat the oven to 120°C
2. In a large saucepan, bring the organic chicken bone broth to a simmer, add the dried shitake mushrooms and leave them to soak and swell. When the mushrooms are soft, remove from the broth and set aside
3. Chop the onions, carrot and celery into small chunks, peel the garlic and crush. Into a large flameproof casserole dish, add the oil and heat over a medium-high heat. To the casserole dish add the pheasant, season with salt and pepper and brown the pheasant all over, when the pheasant has browned, removed from the pan and set aside on a plate
4. To the pan add the pancetta and brown, followed by the shitake mushrooms, chopped veggies, garlic, spices and herbs. Lower the heat and cook for 10 minutes to soften the vegetables. Pour in the white wine and bubble for a minute, then add the bone broth and passata and cook for a further 10 minutes
5. Return the browned pheasant to the pan, lower the heat to a simmer and cover the pan with a lid. Transfer the dish to the preheated oven and cook for 4 hours until the meat is tender and falls off the bone. Strip the meat from the bones, remove the bones and stir the tender meat through the sauce, season well
6. To the cooked pheasant ragu, toss through the cooked tagliatelle and serve with a sprinkling of grated parmesan