

## STEW PHEASANT



### **Ingredients (serves 2 people):**

- 1 whole pheasant, cut into pieces
- 2 tbsp unsalted butter
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 2 chopped onions
- 3 chopped garlic cloves
- 50 grape tomatoes cut in halves

100 g tomato paste double concentrated

Freshly grated nutmeg to taste

350 ml red wine

350 ml of chicken broth

Oregano to taste

Freshly grated black pepper to taste

Sage leaves to taste

Chopped parsley to taste

Salt to taste

**Preparation:**

1. Season the pheasant pieces with salt and pepper.
2. Heat the enameled pan, add the butter and olive oil and let it heat up without burning.
3. Add pieces of pheasant and brown them a little on all sides.
4. Place the chopped onions, oregano and garlic.
5. Mix and add a portion of sage and parsley and a pinch of nutmeg.
6. Add the red wine and let it boil a little.
7. Add the cherry tomatoes cut into halves.
8. Add the chicken broth and the double concentrated tomato paste.
9. Leave on low heat for about 45 to 50 minutes or until the pheasant is tender.
10. Serve with polenta or a favorite paste.