



Pheasant Recipes

2009 -2010

Wingshooting Season

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Sweet and Sour Pheasant

1 1/2 lbs. pheasant, cut into 1/2 x 1 inch cubes

Batter

1/2 cup flour

1/4 cup cornstarch

1/2 tsp. baking powder

1 tbsp. egg, beaten

1/2 cup water

1 tsp. oil

Dip cubes in batter and deep-fat fry in 375 degrees F. oil until done. Hold in oven until all are cooked.

3/4 cup sugar 1/3 cup catsup 1 tbsp. soy sauce 1/4 tsp. salt 2/3 cup water 1/3 cup vinegar Mix above, then thicken with:

3 1/2 tbsp. cornstarch 1/3 cup water 1/2 tbsp. oil Then add 1 green pepper cut into bite size pieces, and 1/2 cup or more of pineapple chunks.

Pheasant Nachos

1/2 bag nacho chips

2 pheasant breasts

2 Limes

1 bag cheese

Salsa, lettuce, black olives, sour cream, etc.

Prick holes in pheasant with fork. Marinade in lime juice for 6 hours. Grill pheasant. Cut pheasant in small pieces and scatter over nacho chips in a 9x12 baking dish. Top with cheese and cook uncovered in oven at 350° for 15 minutes or until cheese is melted. Serve with salsa, shredded lettuce, black olives, sour cream and whatever else you like on your nachos – a great snack for football games.

Erik's Pheasant Piccata with Capers and Pine Nuts

2 cloves garlic, minced

6 ounces pheasant scallops (about 6 scallops), pounded very thin, (Cover with Saran Wrap and pound with meat mallet to uniform thickness.)

All purpose flour (for dredging)

7 tablespoons unsalted butter

1/2 cup dry white wine

2 tablespoons sliced mushrooms

¼ cup sliced artichoke hearts

3 tablespoons toasted pine nuts

1 tablespoon drained capers

juice of half a lemon

2 teaspoons minced fresh sage or 1/2 teaspoon dried rubbed sage

Fresh sage leaves and caper berries (optional)

Sauté minced garlic in 2 tbs. butter. Season pheasant with salt and pepper, dredge in flour; shake off excess. Add 2 more tbs. butter to pan and melt over medium-high heat. Add pheasant, mushrooms and sauté until just cooked through, about 1 minute per side. Divide pheasant between 2 plates; tent with foil to keep warm. Add wine, lemon juice and artichoke hearts to same skillet and bring to a boil, scraping up any browned bits. Boil until liquid is reduced to 3 tablespoons, about 2 minutes. Whisk in remaining 3 tablespoons butter. Mix in pine nuts, capers, and minced sage. Season with pepper. Spoon sauce over pheasant. Garnish with sage leaves and caper berries if desired and serve.

Serves 2.

Chili Pheasant

8 Pheasant breasts [boned]

1 1/2 cn (7 oz ea.) green chilies [chopped]

8 oz Monterey jack cheese [cut into 8 strips]

1/4 c Bread crumbs

1/4 c Parmesan cheese

1 tb Chili powder

1/2 ts Salt

1/4 ts Cumin

10 tb Butter [melted]

1 cn (15 oz) tomato sauce

1/2 ts Cumin

1/3 c Onion [sliced]

Hot pepper sauce to taste

Flatten pheasant breasts then place 1 tb of green chilies and 1 strip of jack cheese on each, then roll to enclose the filling and secure the roll with a toothpick. Combine the bread crumbs, parmesan cheese, chili powder, salt, pepper and cumin, mixing well. Dip the breast rolls in butter and then coat with crumb mixture, place in a baking dish and chill for 4 hours or more. Drizzle the remaining butter on the breast rolls and bake at 400 degrees F for 20 to 30 min. or until brown. Combine the tomato sauce and the remaining ingredients in a saucepan and cook until heated through. Spoon over rolls and serve.

Pheasant Stir-Fry

2 tb Soy sauce
2 tb Cornstarch
1 tb Minced fresh gingerroot or 3/4 teaspoon ground ginger
1 tb Chicken bouillon granules
1 1/3 c Water
1 Boneless skinless pheasant breast (about 3/4 pound), cut into strips
2 tb Cooking oil, divided
1 c Broccoli florets
1 c Each julienne carrots, celery and onion
1 c Frozen snow peas
Hot cooked white or wild rice

In a small bowl, combine the soy sauce, cornstarch, ginger and bouillon. Add water; set aside. In a skillet or wok over medium-high heat, stir-fry pheasant in 1 tablespoon of oil until no longer pink, about 3-4 minutes. Remove and keep warm. Add remaining oil to pan. Stir-fry broccoli and carrots for 2 minutes. Add celery, onion and peas; stir-fry until the vegetables are crisp-tender, about 4-5 minutes. Stir soy sauce mixture and add to the skillet; bring to a boil. Cook and stir for 2 minutes. Return meat to pan and heat through. Serve over rice. Yield: 4 servings.

Oriental Pheasant Salad

Serves: 4-6

2 cups cut up cooked pheasant (may substitute grouse)
1 cup seedless green grapes
1 can (8oz) pineapple chunks, drained
1 can (8oz) sliced water chestnuts, drained
1/2 cup diagonally sliced celery
1 apple, cored and cut into 1/2 inch cubes
1 tab fresh lemon juice
1/4 cup mayonnaise
1/4 cup sour cream
1 tsp. prepared mustard
lettuce leaves
1/2 chow mein noodles

In large bowl, combine pheasant, grapes, pineapple chunks, water chestnuts, and celery. In small mixing bowl, toss apple cubes with lemon juice; add to pheasant mixture. In same small bowl, blend mayonnaise, sour cream, and mustard; pour over pheasant mixture. Mix well; refrigerate at least 2 hours to blend flavors. To serve, line chilled individual plates or large serving bowl with lettuce leaves; spoon pheasant mixture over leaves. Top with chow mein noodles.

Pheasant Enchiladas

Boil pheasant meat until tender. Cool and cut meat off bone, slice in strips. Place meat in large bowl. Add sour cream, cream of chicken soup, small can of green chilis and grated cheese. Mix well with spoon. Fill soft flour taco shells with mix and place in a baking dish. After 1 layer, sprinkle top with cheese and spread some more mix on top. Repeat layers as desired.
Bake at 350 degrees until warm.

Scott Sabey's Pheasant Pie

Simmer birds in water to cover. Skim, then add carrots, onion and 20 peppercorns for 1 - 1½ hours. Cool in broth over night. Remove the birds and strip the meat from the bones and cut into pieces. Throw away the rest.

Sauce

½ cup butter
1 large onion, chopped
2 tbs horseradish
1 ½ lbs sliced fresh button mushrooms
Sauté together until the onion is transparent
Add ¾ cup flour and stir until mixed well
Add 4 cups cream to thin the sauce
Salt and pepper to taste
1 tsp tarragon (optional - not everyone likes tarragon)

Pastry

5 ½ cups flour
1 lb lard or Crisco
1 tsp salt
in a cup add 1 egg and 2 tbs vinegar. Mix together and then add enough cold water to make 18 oz.
Mix flour and lard/Crisco until crumbs are the size of a pea. Add liquid until pastry holds together. Roll about ¼ to ½ inches thick.

Build

Arrange meat in a buttered 9X13 dish
Pour ½ cup brandy over the meat, then add sauce and mix gently. Cover with pastry crust - with LOTS of vents and crimp the edge to the dish.
Bake until crust is golden brown and meat is hot, about 1 hour. Start @ 450° for 15 minutes then lower to 350° for 45 minutes.

Jalapeno Pheasant Wraps

2 tablespoons chili powder
¾ teaspoon cumin
¾ teaspoon onion powder
¾ teaspoon garlic powder
¾ teaspoon salt
½ teaspoon black pepper
¼ cup canola oil
1/3 cup chopped cilantro
10 to 12 strips of bacon
2 to 4 jalapenos seeded, depending on your personal preference
Breasts from 2 pheasant
Combine all ingredients in medium bowl. Thinly slice pheasant on the bias (you should get 4 to 5 pieces per breast). Marinate pheasant for ½ hour. Seed and slice jalapenos lengthwise.

Assembling Jalapeno Pheasants:

Lay bacon out on workstation. Place one slice of pheasant and one slice of jalapeno on bacon; wrap, using half of the bacon strip. Cut bacon and secure with toothpick.

Preheat oven to 450 degrees. Bake for 15 minutes or until bacon is cooked.

Pheasant Supreme

Supreme Sauce

2 Green Bell Peppers- ½" dice

1 Red Bell Peppers- ½" dice

½ Yellow Onion- fine dice

½ tablespoon Fresh Minced Garlic

3 cups Crimini Mushroom- sliced

In medium saucepan sauté peppers, onions, garlic, and mushrooms in 3 tablespoons olive oil over medium heat for approximately 5 minutes.

Add: 3 cups Chicken Broth, bring to slow boil and add

1 cup Heavy Whipping Cream and

½ cup Parsley- chopped

Reduce heat to low.

In a small saucepan melt over medium heat ¼ cup butter.

Add ¼ cup flour. Stir constantly for 1 minute.

Add Roux (butter-flour mixture) to Supreme Sauce and stir constantly for 5 minutes. Remove from heat.

Preparing the Pheasant Breast

8 Pheasant Breasts—Cover with Saran Wrap and pound with meat mallet to uniform thickness.

Transfer breasts to medium bowl and stir in:

1 tablespoon Minced Garlic

½ teaspoon Dried Basil Leaves

½ teaspoon Salt

¼ teaspoon Black Pepper

¼ cup Olive Oil

Bake breasts in 350° oven 10-12 minutes.

Preparing the Pheasant Supreme

¼ pound thinly sliced Smoked Ham

2 cups grated Colby-Jack Cheese

8 - 8"-10" Gratin Dishes

Spoon 1-2 tablespoons Supreme Sauce in the bottom of each gratin dish.

Top with:

2 Pheasant Breasts,

2 slices Ham,

1/3 cup Supreme Sauce, and

Grated Cheese

Bake at 400° 12-15 minutes or until cheese is bubbly and brown.

For the marinade: Whisk all ingredients together. Pour marinade over meat. Marinate meats in the refrigerator for at least 2 hours or overnight. Drain meat, reserving marinade. Strain marinade and set aside.

To Assemble Stew: Add bacon fat to large Dutch oven over medium-high heat. Add meat and sauté until browned, about 8 minutes. Add onions and sauté briefly. Deglaze with wine. Add stock and strained marinade. Add nutmeg and cayenne pepper. Add chopped vegetables. Season with salt and pepper, to taste. Cover and bake: 3 hours at 275 degrees F or 2 hours at 300 degrees F or 1 1/2 hours at 350 degrees F. or cook in a crock pot for 6 to 8 hours. Serve hot, garnish with chopped parsley.

Tracy's Favorite Grilled Pheasant

Serves 6

3 pheasants, breast & thigh only, boned, cleaned very well and patted dry

Marinate overnight in:

1/3 cup olive oil

Zest of 1/2 lemon

Juice of 1 small lemon

3 garlic cloves chopped fine

2 tlb. Fresh thyme, chopped fine 1/2 tsp. Salt

1/2 tsp. Pepper

Mustard Thyme Butter:

3 tlb. Soft unsalted butter

1/2 tlb. Fresh thyme chopped fine

1 1/2 tlb Dijon mustard

1/4 tsp. Salt

1/4 tsp. pepper Juice of 1/2 lemon Whisk all ingredients together

Red Onion Vinaigrette:

1/2 small red onion chopped fine

1 clove garlic chopped fine

2 tlb. Red wine vinegar

1/4 cup olive oil

1/4 tsp. salt

1/4 tsp. pepper

Whisk all ingredients together

Grill pheasant over hot barbecue until medium. Baste frequently with mustard thyme butter towards end of cooking. Don't catch fire! Serve on warm plate topping each piece with some vinaigrette

Serving suggestions:

Chop spinach and or Swiss chard and sauté' in hot olive oil for 2 minutes stirring frequently; serve pheasants over greens. Preheat oven to 400 degrees. Cube 4 large red potatoes coat with olive oil, salt & pepper. Roast until golden brown (about 15 minutes). Serve on the side.

Note: this recipe works well for any white meat game birds and even skinless chicken.

Pheasant Breasts with Cider Vinegar, Apples and Pomegranates

Yield: 4 servings

4 pheasant breasts, bones removed

6 tablespoons butter plus 2 tablespoons

4 shallots, finely chopped

1/2 cup cider vinegar

2 medium tart apples, such as Granny Smith, peeled and thinly sliced

1 cup chicken stock

1/4 cup cream

1/2 pomegranate, seeds reserved

Preheat oven to 350 degrees F.

Pound breasts lightly with meat mallet to a consistent thickness. Season well with salt and pepper. In a 10 inch to 12inch sauté pan, heat butter over medium heat until foam subsides. Add pheasant breasts, skin down, and cook until golden brown, about 8 to 10 minutes. Place pan in oven 8 to 10 minutes. Remove pan from oven and breasts from pan.

Add shallots to pan and stir. Cook over medium heat until softened, about 4 to 5 minutes. Add cider vinegar and apples and cook until vinegar dissipates by half. Add stock and cream and bring to a boil. Return pheasant breasts to pan and cook until sauce is reduced by half. Season with salt and pepper and serve immediately. Spoon sauce over and sprinkle with pomegranate seeds.

Crock Pot Pheasant

4 Pheasant breast and thighs

2 Cans Cream of Mushroom Soup 2 Tablespoons Chicken Bouillon 1/3 Cup Favorite White wine

3 Cloves Garlic

1/2 Onion Chopped (optional) 1/2 teaspoon sage

Wash pheasant in cold water; place pheasant and all ingredients in crock pot on low heat for 5 hours. Lift out bones and sinew, stripping off and leaving meat in pot. Add one sliced carrot for color and continue to cook for one more hour.

Serve over rice or potatoes.

Serves a bunch!

Roasted Pheasant

Coarse salt acts as an abrasive, making garlic easier to chop finely. Tangerine juice adds a bright, exotic flavor to roasting vegetables.

1 clove of garlic
Coarse salt
Juice of 2 tangerines, plus
1 1/2 teaspoons finely grated peel and 1 tangerine, halved
2 tablespoons olive oil
1 teaspoon dried tarragon
Freshly ground black pepper, to taste
2 carrots, halved lengthwise and cut into 2-inch lengths
1/2 pound white new potatoes, scrubbed and quartered
4 large ripe plum tomatoes, halved lengthwise and seeded
1 pheasant, about 2 1/2 pounds
2 sprigs fresh tarragon, or flat-leaf parsley
1/2 tart apple, cored and cut in pieces
2 shallots, peeled and halved
3 to 4 sprigs fresh sage, plus extra for garnish
3 slices turkey bacon
1/8 cup defatted chicken broth

1. Preheat oven to 350°F. Mince the garlic with the salt; place in a bowl. Add the tangerine juice and peel, 1 tablespoon olive oil, dried tarragon, and pepper. Set aside.

2. Blanch the carrots and potatoes for 7 to 8 minutes in boiling water. Drain and place in a bowl with the tomatoes. Reserve.

3. Carefully loosen breast skin of the pheasant; place a sprig of tarragon underneath each side of the breast. Replace the skin neatly. Squeeze the halved tangerine into the cavity, then sprinkle with salt and pepper. Place the apple pieces, shallots, and sage in the cavity; tie legs together with kitchen string.

4. Place reserved vegetables in a small roasting pan. Toss with garlic-tangerine mixture. Place the pheasant, breast side up, on top of the vegetables. Brush pheasant with the remaining tablespoon of oil. Lay bacon slices over the breast. Pour broth in the bottom of the pan.

5. Roast in the center of the oven for 1 hour, basting 2 or 3 times. Remove bacon and continue to roast until the breast is brown and the pheasant is cooked through, about 20 to 30 minutes longer. Test for doneness with tip of a knife in the thickest part of the thigh. The juices should run clear. Let pheasant rest 10 minutes before carving.

6. Carve the pheasant, remove to a serving platter and surround with the vegetables. Spoon some of the juices over top. Serve extra juices alongside. Garnish with fresh sage.

Per serving: 426 calories, 30g carbohydrates, 44g protein, 14g fat, 114mg cholesterol.

Nutritional Breakdown: New Wellness, Richmond, Va.

Makes 4 servings.

Pheasant Stroganoff

1 pheasant, cut in pieces
buttermilk
7 slices bacon
3/4 cup flour
2 1/2 tsp dry mustard
3/4 tsp thyme
1/2 tsp fresh ground pepper
1 1/2 tsp salt
1 1/2 cup chicken broth
8 onions, chopped
1/4 lb mushrooms, sliced, or 1 small can, drained
3 tsp butter
1/2 cup sour cream
1/4 cup sherry

Soak the pheasant pieces in buttermilk for four hours

Fry the bacon in a non-stick pan until crisp. Remove and drain. Crumble when cool.

Drain bacon grease from pan and save.

In a bowl, mix the flour, mustard, thyme, pepper and salt together.

Heat 2 tbsp of the bacon grease in the skillet. Roll the pheasant pieces in the flour and add to the grease.

Brown the meat in batches using 2 tbsp of the bacon grease each batch and wipe out the skillet between batches. Drain meat on paper towels.

When all the meat is browned, wipe out the skillet and add all the meat to it.

Add the broth, bring to a boil, cover and reduce to a simmer.

Simmer until meat is tender.

While the meat is simmering, melt the butter in a skillet and sauté the onion and mushrooms until tender.

When meat is tender, stir the onion/mushroom mixture and sour cream into the meat/broth mixture.

Warm through for 5 minutes but do not boil.

When warmed through, stir in the sherry and crumbled bacon. Simmer until heated again.

Serve over cooked noodles.

Enjoy.

Hunter's Style Pheasant

2 pheasants
4 tablespoons olive oil
2 to 3 garlic cloves
1 teaspoon rosemary, dry or fresh
1/3 cup wine vinegar or dry sherry
salt
pepper

Cut pheasant into sections, wash, drain but do not dry. In an iron skillet, place olive oil and sliced cloves of garlic. Brown garlic slightly. Add sections of pheasant, season with salt, a little pepper and rosemary. Cover skillet and let pheasant cook slowly in its own juice for about one hour or until meat appears tender when tested with a fork. If, while cooking, meat becomes too dry, add about 1/2 cup water. When meat is cooked, add vinegar or sherry and turn off heat. Cover skillet immediately and let meat steam for about five minutes. When serving pour cooking juice over pheasant.

Grilled Jerk-Style Pheasant

You can reduce the amount of jalapenos and pepper flakes if you don't like it too spicy.

INGREDIENTS:

4 pheasants, skinned and quartered
1 large onion, finely diced
1/3 cup of rum
4 jalapeno peppers, seeded and finely chopped
4 cloves garlic, minced
3 tablespoons lime juice
2 tablespoons olive oil
1 teaspoon salt
1 teaspoon allspice
1/2 teaspoon thyme
1/4 teaspoon red pepper flakes
1/8 teaspoon powdered cloves

PREPARATION:

To prepare jerk seasoning, heat olive oil in a medium skillet. Add in onions, garlic, jalapenos, spices, and herbs. Sauté mixture until onions are cooked. Stir in rum, lime juice, and salt. Simmer until liquid has reduced.

Remove from heat and allow to cool. Rub mixture over pheasant pieces. Place in a re-sealable plastic bag, seal, and allow to marinate for 12-24 hours in the refrigerator.

Preheat grill. Place pheasant pieces on a lightly oiled grill grate. Cook for 10-12 minutes per side. When meat no longer appears red, remove from heat and serve.

Pheasant Tortilla Soup

1/2 green pepper

3 ribs celery

1 medium onion

2 cloves garlic Chop or mince the 4 above ingredients together and sauté in

2 tablespoons of oil until soft.

Filet out one whole pheasant and boil it on low boil for about 30 minutes. Cut the meat into small chunks. Place the softened vegetables and the following ingredients into a large pan: 1 can (14 1/2 oz) diced tomatoes 1 can Rotel "tomatoes and green chiles" (may be by the Mexican food in the grocery store) 1 can beef broth 1 can (10 3/4 oz) tomato soup 3 cups water 1 tsp ground cumin 1 tsp chili powder 1 tsp salt 2 tsp Worcestershire sauce Cooked pheasant meat chunks Let simmer one hour. Add: 6 corn tortillas (don't use flour tortillas), cut into 1" squares. (The tortillas will dissolve and thicken the soup.) 1/2 to 1 lb of Light Velveeta or your choice of other cheese such as cheddar. (Optional: top individual bowls of soup with cheddar cheese.)

Pheasant White Chili

48 oz. jar of Great Northern White Beans

1-11/2 lbs. of pheasant (or any other bird)

1 16 oz. jar of salsa (I use hot, but can use anything)

1 green pepper

1 large onion

2 jalapenos

2 8oz. cans of chicken broth (you can do one can and one can of water)

8 oz. shredded cheese

2 packets of McCormick's White Chili mix

1-2 tablespoons cumin

Cook bird of choice and shred the meat. Cut up onion and peppers and saute. Then just add everything together in a crock pot and you can change ingredients to your liking. . .add something different or more of something(sometimes I use another bag of cheese, take something out(jalapenos for example). Serve with tortilla chips... makes a great dip or just eat as chili.