

Roast Pheasant by Chef John Schumacher

- 1 pheasant
- 1 T. olive oil
- 1 small lemon
- 1 small onion
- 4 peppercorns
- ¼ t. salt
- 1 c. chicken stock

Remove inside and neck from bird. Rinse bird well in cold water. Rub salt in cavity and stuff cavity with peppercorns, lemon and onions. Do not cut lemons, as the white membrane will make the stock bitter. Rub pheasant skin well with olive oil and place bird breast side up in covered baking dish or Dutch oven. Add giblets, neck and stock. Cover and roast at 250 degrees for 3 hours. Test for doneness by placing meat thermometer in the thickest part of the breast. Birds should be cooked to 180-degree temperature.

Chef John notes: Pheasants are low in fat. It is important to roast at a low temperature. Cover tightly.

Leftover pheasant is excellent in omelets, sandwiches or salads. If preparing more than one bird, reduce the stock by half for every additional bird. For example: 1 bird = 1 cup stock, 2 birds = 1 ½ cup stock. One bird feeds two people.

Pheasant & Rice Supreme

- 4 pheasant breasts, boned
- 1 cup wild rice
- 1 cup sautéed mushrooms

Cook the wild rice and combine with the sautéed mushrooms. Then combine with 1/3 of sauce. Stuff each breast with the rice mixture: wrap meat around rice mixture and secure with toothpicks. Place seam side down in a 13" x 9" baking dish on top of remaining rice. Season with salt and pepper.

Sauce:

- 2 cans cream of mushroom soup
- 1 16 oz. carton of sour cream
- 1 cup cooking sherry

Pour the sauce over the breasts and rice. Top with 1/2 cup of toasted almonds. Sprinkle with paprika. Bake at 325 degrees for 1 1/4 hours. Makes 4 servings.



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Pheasant Cooking Tips

Pheasants are very low in fat. It is important to roast at a low temperature (250°-325°F), covered and with moisture. When grilling, sear the “open” side quickly, then flip to finish cooking skin side down. This makes the skin crispy and tasty while keeping the moisture in the breast. Grill until the juices rise to the surface and are slightly pink; remove and cover in a warm place for 5 minutes to finish cooking. These techniques will keep the meat more moist and tender. Cook until about 165°F, then cover and set aside in a warm place to finish the cooking process to 180°F. Using simple marinades or brines prior to cooking will help maintain moisture, while adding flavor. Pheasant can be used in place of virtually any other poultry, and its uses are limitless!

Roast Pheasant With Wild Rice Stuffing

- 1 dressed pheasant, 2.5 to 3 lbs, cleaned and lightly salted
- 1 cup wild rice (this makes 3 cups when cooked)
- 3 cups day-old bread - Cut in small cubes
- 1 cup onions - Slice paper-thin
- 1 cup celery
- 1 teaspoon leaf sage (or to taste)
- 1 1/2 cups good chicken stock or one chicken bouillon cube dissolved in 1/12 cups water
- 2 teaspoons of parsley, cut fine

This is sufficient stuffing for two pheasants. Wash one cup of wild rice three times or until the rinse water comes off clear. Drop the wild rice into 4 cups of boiling water. Cover and simmer for 20 minutes. Do not stir.

Sauté the onions and celery in 1/4 cup butter until translucent. Then add parsley and cook only until hot.

Combine all ingredients and fill slightly-salted bird.

Use heavy cord and tie securely around tail and legs so as to bring them all together. Brush bird with melted butter and dust with salted flour.

Bake in 325 F oven. A young, mature pheasant will require two hours in the oven. Any remaining dressing can be placed in covered baking dish and cooked in the oven alongside bird.

Pheasant Porcini Stroganoff

- 1 package pheasant strips, diced
- 1 pound fresh porcini mushrooms (or 4 pkgs dried, reconstituted)
- 2 tablespoons butter
- 1 tablespoons olive oil
- 3 garlic cloves, finely minced
- 1/2 cup chicken broth
- 1/4 cup parsley
- salt to taste
- 1/2 cup sour cream
- 2 cups of cooked egg noodles, hot and well drained

Wash mushrooms and cut in half. If the mushrooms are small, leave whole. Melt butter and oil in frying pan over moderate heat. Sauté pheasant in small batches until just done; set aside and cover. Cook garlic until it just starts to color. Add mushrooms. Cook for a few minutes, stirring until lightly browned. Hold mushrooms with pheasant - keep warm.

Add the chicken broth to deglaze the pan and cook uncovered, for 10 minutes or until liquid has reduced by 2/3. Add parsley and season with salt. Remove pan from heat. Cool for 3 to 4 minutes. Stir in sour cream and incorporate. Add in pheasant and mushrooms and pour over the top of the noodles and serve.

Pheasant Breasts with Creamed Morel Mushrooms

- 4 boneless pheasant breasts
- 2 cups water
- 1 ounce morels, dried
- 1 ounce butter
- 1/8 teaspoon garlic, minced
- 8 ounces heavy cream
- 1/2 chicken bouillon cube
- 1 teaspoon tomato paste
- salt and white pepper, to taste

Bring the water to a boil and add the morels. Remove from heat and allow the mushrooms to soak for 1 hour. Remove the mushrooms and reserve the liquid. Rinse the mushrooms thoroughly under cold running water and pat dry with a towel. Strain the liquid to remove any dirt particles and cook over high heat until reduced to 1/4 cup; reserve. Sauté the mushrooms in the butter and garlic for 2 minutes; do not brown. Add the heavy cream, bouillon cube, reserved liquid, and tomato paste and bring to a boil. Reduce the cream by half until it is quite thick. Adjust flavor with salt and pepper; keep warm. Remove skin from breasts; sear breasts in olive oil over high heat for 2 min each side; cover and turn heat down to low for about 5 minutes. Place pheasant breasts on plate and top with cream sauce. Serve with garlic mashed potatoes or pasta.

Grilled Tomato Soup with Pheasant and Five Grain Rice Blend

- 3 1/2 pounds tomatoes, beefmaster, or roma
- 1 tablespoon olive oil
- 1 yellow onion, medium

- 1/4 teaspoon garlic, chopped
- 1 1/2 stalks celery
- 4 cups stock, pheasant or chicken
- 3 sprigs parsley
- 10 fresh basil leaves
- 1/2 teaspoon salt
- 1/2 teaspoon Naughty Nellie's Deadly Twelve Pepper Blend, or peppercorns, cracked
- 5 tablespoons rice, five grain blend
- 3 tablespoons carrots, julienne cut
- 1 chicken bouillon cube
- 1 roasted pheasant, 2 1/2 - 3 lbs, meat removed and cut into small pieces
- 2 Roma tomatoes, seeded and diced small

Grill 4 large beefmaster tomatoes or 3 1/2 pounds of Roma tomatoes over a hot flame until the skin gets browned or blackened and the skin loosens from the meat. Remove from the heat and cool until you can easily handle them. Once cool, peel the skin off and slice in half, remove the seeds as best you can and put the meat into a bowl.

Coarsely chop the onion, garlic, and 1 stalk of the celery and saute in the olive oil until soft but not browned.

Add the stock, tomatoes, parsley, basil, salt, and pepper blend. Bring to a boil and reduce heat to a simmer for 30 minutes.

Remove the soup from the stove and pour it through a strainer into a pot to remove any seeds and the larger pieces of vegetables. Press the vegetables with the back of a spoon to get all the potential flavor and body you can.

Return the strained soup back to the stove and add the rice, 1/2 stalk of celery chopped small, carrots and bouillon cube and bring to a boil. Once boiling, reduce heat to a simmer for 20 minutes. Add the pheasant meat and diced tomato. Cook for 4-5 minutes. Adjust seasonings. Serve with a fresh basil leaf for garnish.

Pheasant Soup

- Bony pieces from 1 or more pheasants
- 1 tsp salt
- 1 bay leaf
- 1/2 cup raw rice
- 1 cup raw carrots, sliced
- 1 small onion, quartered

Clean and wash bony pieces of pheasant. Put in kettle with enough water to cover; add salt and bay leaf. Simmer until meat is fall off the bone tender. Remove meat and bay leaf from broth. Cool meat and deboned; add back into broth with rice, carrots and onion. Simmer mixture for about an hour or until carrots and rice are tender. (From N. American Game Cookbook by Bill and Anita Mabbut)