

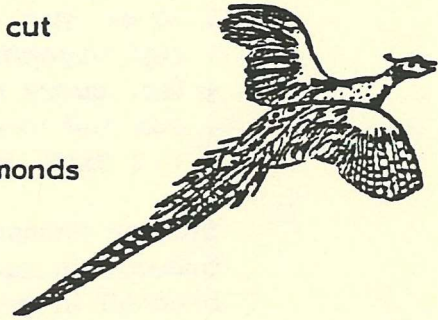
# Pheasant





## PHEASANT ALMOND DIN

2 pheasant breasts cut in 1x2" cubes  
½ cup chinese pea pods, frozen  
½ cup celery cut in 1" pieces  
½ cup Chinese water chestnuts  
½ cup canned button mushrooms, cut  
in thick slices  
½ cup diced green onions  
¼ cup hot peanut oil  
15-20 toasted, salted blanched almonds  
1 can chicken soup  
1 tbsp. cornstarch  
1½ tsp. salt  
¼ tsp. pepper  
¼ tsp. garlic salt  
1 tbsp. soy sauce



Saute pheasant in oil about 5 minutes, add other ingredients and cook 5 minutes. Add seasoning. Blend well; cook 2 minutes; add chicken stock and cornstarch. Cook until thick and glazy, turning occasionally. Heap on serving dish, top with toasted almonds.  
Serves 4.

## PHEASANT MARINADE

6 pheasant breasts  
1 can (6 oz.) frozen pineapple-orange juice  
½ tsp. salt  
¼ tsp. pepper  
½ tsp. poultry seasoning  
½ cup dry white wine  
½ tsp. cardamon

Place pheasant breasts in shallow pan; in small saucepan combine all remaining ingredients; heat to boil. Pour over pheasants. Refrigerate 1 hour; broil 4-5 inches from heat for 20 minutes; turn, broil 10 more minutes. Baste with marinade. Serves 6.

## PHEASANTS TERIYAKE

- 1/2 cup soy sauce
- 2 tbsp. Burgundy wine
- 1 1/2 tsp. sugar
- 1 1/2 tsp. chopped candied ginger
- 1/2 clove garlic minced
- 2 pheasants
- 1 envelope seasoned coating mix

Combine all ingredients except coating mix; marinate pheasant 30 minutes. Shake off excess marinade and coat pheasant in mix. Arrange in single layer in ungreased shallow baking dish; bake at 400 degrees for 40 - 50 minutes. Serves 4.

## PHEASANTS - MUSHROOMS

- 4 whole pheasant breasts
- 4 cans cream mushroom soup
- 1 cup milk
- 1/2 cup butter
- 1 pkg. stuffing
- 1 cup water or broth

Mix stuffing with milk, broth and butter; place pheasant in baking dish. Cover with stuffing; pour soup over all ingredients. Bake 350 degrees for 1 hour. Serves 8.

## PHEASANT BROADWAY

- 1 pheasant
- 1 can mushroom soup
- 1/2 cup sherry

Cut up pheasant and place skin side down in baking dish. Dilute mushroom soup with sherry and pour one half of the mixture over the pheasant. Bake at 325 degrees for 3/4 hour; turn and cover with rest of the mixture. Return to oven at 350 degrees for 3/4 of an hour. Serves 3.



## CHUCK'S PHEASANT

4 pheasant breasts (stuffed w/rice..  
recipe below)  
sprinkle tarragon, salt, pepper, fresh  
parsley  
1 lump of butter  
flour to coat  
1 medium onion  
1 clove garlic  
1 cup white wine  
1 cup stock (or broth)  
½ cup dried mushrooms  
2 tbsp. cream

Skin, bone and halve pheasant breasts.  
Sprinkle tarragon, salt, pepper and  
stuff with rice mixture (see below).  
Secure with toothpicks. Dredge with  
flour; brown on both sides in butter until  
golden; add chopped onion, mashed garlic,  
sprinkle with tarragon to taste; add wine,  
chicken stock and dried mushrooms. Cook  
45 minutes in covered pan on top of  
stove, turning once; remove pheasant to a  
warming plate. Simmer sauce until reduced  
and add cream to thicken. Cook to proper  
consistency; add bits of butter at the end,  
spoon over breasts, garnish with parsley.  
Serves 8.

## FRIED RICE

1 cup long grain rice  
2 cups chicken broth  
2 tbsp. salad oil  
1 tsp salt

Fry rice at high heat in oil until golden brown.  
Keep stirring to keep from burning. Add  
pheasant broth and salt; cook 20 minutes at  
low heat.



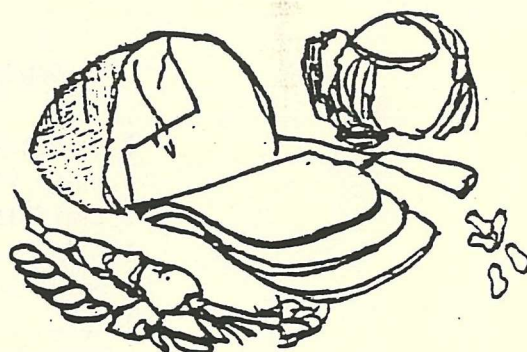
## LEMON PHEASANT BREASTS

6 whole pheasant breasts, skinned & boned  
½ cup flour seasoned with salt & pepper  
1 tsp. oregano  
3 tbsp. butter  
2 tbsp. lemon juice  
2 tbsp. brandy warmed  
2 tbsp. finely chopped parsley

Combine the flour, salt, pepper and oregano; dredge the pheasant breasts in seasoned flour. Fry breasts in hot butter for 6 minutes on each side. Do not over-cook. Add lemon juice and brandy. Light brandy with match. When flames have died down serve on a bed of boiled rice. Serves 6.

## APRICOT PHEASANT

1 pheasant cut up  
1 small can apricots  
juice of apricots  
¼ cup worcestershire sauce  
juice of 1 lemon  
1 tbsp. cornstarch  
salt/pepper to taste



Salt & pepper pheasant; place in dish which has a tightly fitting lid. Mix apricot juice, lemon juice, worcestershire and pour over pheasant. Cover and bake in 350 degree oven for about 1 hour. Uncover and add apricots around pheasant. Mix cornstarch with a little water; add to bottom of pan juice and return to oven until gravy is thickened and apricots are lightly browned (about 10 to 20 minutes) Serve with rice. Serves 4.



## BAKED HERB PHEASANT

- 2 pheasants
- 1 tsp. grated lemon peel
- 2 tsp. lemon juice
- $\frac{1}{4}$  tsp. dried sweet basil, crushed
- $\frac{1}{4}$  tsp. dried oregano, crushed
- 1 (10 $\frac{1}{2}$  oz.) can cream mushroom soup undiluted



Wash and dry pheasant parts; place each part on 18 x 14 heavy foil; mix lemon peel, lemon juice and herbs with soup. Spoon over pheasant. Fold foil snugly and seal well. Bake at 400 degrees for 1 $\frac{1}{4}$  to 1 $\frac{1}{2}$  hours. Serves 8.

## PECAN STUFFED PHEASANT BREASTS

- 3 cups crumbled toast
- 6 tbsp. butter, melted
- 1 cup chopped onion
- $\frac{3}{4}$  tsp. monosodium glutamate
- $\frac{1}{2}$  cup chopped celery
- 2 tsp. diced parsley flakes
- $\frac{3}{4}$  cup chopped pecans
- 4 whole pheasant breasts
- lemon juice, salt and pepper

Mix together toast crumbs,  $\frac{1}{2}$  of melted butter, onion, celery, parsley, pecans and monosodium glutamate. Make four mounds of stuffing on four pieces of heavy foil. Place in baking dish or on baking sheet; snap center bone of breast so that pheasant will lie flat. Brush both sides with lemon juice and remaining butter. Sprinkle with salt and pepper; place pheasant on each mound of stuffing. Fold foil and seal. Bake 350 degrees for 40 minutes, then fold back foil. Increase temp. to 400 degrees and bake 20 minutes until brown. Serves 4.

## PHEASANT WITH OLIVES

3 pheasants, cut in serving pieces  
3 tbsp. olive oil  
2 onions chopped  
2 cloves garlic, crushed  
2 tbsp. flour  
 $\frac{1}{2}$  cup white wine  
 $\frac{1}{4}$  cup white vermouth  
 $\frac{1}{2}$  cup chicken broth  
1 tbsp. tomato paste  
2 tomatoes peeled, seeded and chopped  
 $\frac{1}{2}$  tsp. salt  
fresh black pepper  
1 bay leaf  
 $\frac{1}{2}$  tsp. marjoram or oregano  
8 green olives, pitted  
8 black olives, pitted

Brown pheasant in hot oil and transfer to a casserole. Saute onions and garlic in same oil. Stir in flour and add wine, vermouth and chicken broth. Add tomato paste and tomatoes. Season with salt/pepper; add marjoram and bay leaf. Cover and cook 350 degrees for 50 minutes. Garnish with black and green olives. Serves 8.



## PAN FRIED PHEASANT

- 2 pheasants, quartered
- $\frac{1}{2}$  lb. butter
- 1 can chicken soup
- 3 cups drained sauerkraut
- 2 tbsp. red currant jelly
- 1 tsp. grated orange peel
- $\frac{1}{2}$  tsp. oregano
- $\frac{1}{4}$  tsp. thyme

Sprinkle pheasant pieces w/salt & pepper. Melt  $\frac{1}{2}$  lb butter in large heavy skillet. Fry pheasant to brown on all sides; lower heat and continue cooking 45 minutes or until tender, turning occasionally. Then, saute one onion in 1 tbsp. butter until crisp-tender. Add remaining ingredients. Simmer, covered for 30 minutes, stirring occasionally. Turn kraut into serving dish. Garnish with additional currant jelly. Serves 6.

## PHEASANT CASSEROLE

- 2 pheasants, cut in small pieces
- 4 hard cooked eggs chopped
- 3 cups cooked rice
- $1\frac{1}{2}$  cups chopped celery
- 1 cup bread crumbs
- 1 small onion chopped
- 1 cup mayonnaise
- 2 cans mushroom soup
- 1 3 oz pkg. slivered almonds
- 2 tbsp. butter
- 1 tsp. salt
- 2 tbsp. lemon juice

Mix all ingredients except bread crumbs and butter. Place in 9 x 12 buttered pan. Brown bread crumbs and sprinkle over top. Refrigerate over night. Remove from refrigerator 1 hour before baking and bake in 350 degree oven for 40-45 minutes. Serves 6.



## PHEASANT A 'LA ROSE

2 pheasants, quartered  
3 tbsp. olive oil  
1 large onion chopped  
1 jar Ritter butter beans  
small jar green stuffed olives  
cut in half  
1 small can tomato sauce  
juice half a lemon  
1 tsp. sugar  
1 bay leaf  
pinch oregano, thyme, garlic salt,  
parsley



Wash and dry pheasant. Brown in olive oil. Remove pheasant and brown onion in same pan. Add remaining ingredients. Heat well. Add meat and coat with sauce. Reduce heat to simmer and cook for 1 hour. Serves 4-6.

## PHEASANT SAUTE

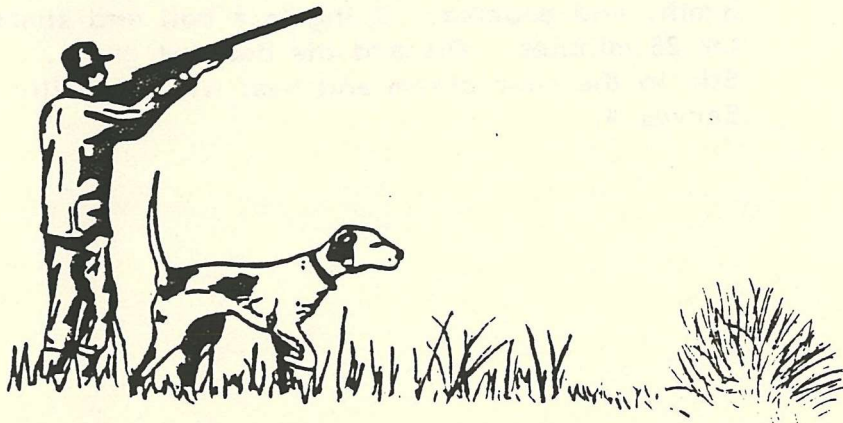
1 pheasant, about 2 pounds  
flour  
 $\frac{1}{4}$  cup butter or margarine  
1 cup chicken stock  
 $\frac{1}{2}$  cup port wine  
1 bay leaf  
salt and pepper  
 $\frac{1}{2}$  cup red currant jelly  
1 teaspoon grated orange rind  
1 teaspoon prepared mustard

Cut pheasant into 4 pieces. Dredge with flour. Heat butter in large skillet or Dutch oven and brown pheasant nicely on both sides. Add chicken stock, wine, bay leaf, salt and pepper and cover and simmer gently for 45 minutes to 1 hour, or until tender, turning and basting occasionally with the liquid. Remove bird to warmed platter to keep warm. Add jelly, orange rind and mustard to juices in the pan. Heat, stirring, until jelly melts, then pour over pheasant and serve immediately. Serves 2.

## GERMAN STYLE PHEASANT

- 3 slices bacon
- 2 onions, chopped
- 1 tablespoon paprika
- 3 pheasant, cut into serving pieces
- $\frac{1}{2}$  teaspoon salt
- 1 cup chicken broth
- 2 tablespoons butter
- 1 cup raw rice
- 2 green peppers, seeded and cut into strips
- 4 medium sized tomatoes, peeled, seeded and sliced
- 1 cup water
- 1 tablespoon chopped parsley

Fry the bacon in a heavy skillet until the fat is rendered. Add the onions and fry 4 to 5 minutes, until the onions are golden and the bacon is crisp. Add the paprika. Sprinkle the pheasant with salt and place in the skillet. Add the chicken broth and bring to a boil. Simmer for 25 minutes. Heat the butter in a saucepan, add the rice and stir for 2 to 3 minutes. Add the rice, peppers, tomatoes and 1 cup water to the pheasant. Cover and cook in a preheated 375 degree oven for 20 to 25 minutes until the rice is tender and has absorbed the liquid. Serves 6.





## GOURMET DELIGHT PHEASANT

4 pheasant cut in quarters or 4 breasts  
butter  
1 cup brandy  
2 cups chicken stock  
1 onion, chopped  
1 clove garlic, crushed  
salt and pepper  
1 quart heavy cream or beaten cottage cheese  
1 10 oz. bottle horseradish  
 $\frac{1}{2}$  pound mushrooms

Brown the pheasant in butter and place in a baking dish. Pour on the brandy, light and let burn out. Add chicken stock, onion, garlic, and season with salt and pepper. Bake in 350 degree oven  $\frac{1}{2}$  hour, basting several times. Remove from oven and pour over cream or cottage cheese and horseradish, and bake  $1\frac{1}{2}$  hours. Just before serving, add mushrooms, sauteed in butter. Serve over wild rice. Serves 6 to 8. This recipe works equally well using Hungarian partridge.

## MARINATED PHEASANT

1 pheasant  
4 tablespoons olive oil  
2 cups dry white wine  
2 tablespoons lemon juice  
2 tablespoons vinegar  
2 bay leaves  
2 cloves garlic  
8 peppercorns  
4 juniper berries  
 $\frac{1}{2}$  teaspoon salt  
1 orange or 1 lemon, sliced

Brown the pheasant on all sides in hot oil. Place the pheasant in a deep casserole. Pour the wine into a saucepan. Add lemon juice, vinegar, bay leaves, garlic, peppercorns, juniper berries and salt. Bring all these ingredients to simmering point and pour over the pheasant in the casserole. Cover and cook in a preheated 350 degree oven for 1 hour until the pheasant is tender. Allow the pheasant to cool in the marinade. Chill for one day before serving. Serve cold garnished with orange or lemon slices. Serves 2.

## CREAMED PHEASANT

2 pheasants  
1 medium sized onion, spiked with 6 cloves  
3 stalks celery, cut in 1 inch pieces  
2 carrots, cut in 1 inch pieces  
1 medium sized turnip, quartered  
 $\frac{1}{2}$  teaspoon mace or nutmeg  
1 teaspoon salt  
freshly ground black pepper  
2 tablespoons butter  
4 tablespoons flour  
 $\frac{1}{2}$  cup cream  
juice of 1 lemon  
2 tablespoons finely chopped parsley

Place the pheasant, onion, celery, carrots, turnip, mace, salt and pepper in a heavy casserole. Add water to cover and bring to a boil over high heat. Reduce the heat, cover and simmer slowly  $1\frac{1}{2}$  hours or until pheasant is tender. Remove the pheasant. Strain the broth and chill it 4 hours until the fat rises to the top. Discard the pheasant skin and bones and slice the meat. Remove the fat from the broth. In a saucepan, melt the butter. Stir in the flour and cook 1 minute. Add 2 cups of the broth and stir vigorously with a wire whisk until the sauce has thickened. Stir in the cream and lemon juice. Add the sliced pheasant and heat through. Serve the creamed pheasant on freshly made toast, in prepackaged patty shells or over rice. Garnish with parsley. Serves 4-6.



## PHEASANTS WITH OYSTERS

4 whole pheasant breasts  
 $\frac{1}{2}$  teaspoon salt  
freshly ground black pepper  
juice of  $\frac{1}{2}$  lemon  
4 fresh oysters  
 $1\frac{1}{2}$  cups chicken broth  
 $\frac{1}{2}$  cup dry white wine

### SAUCE:

2 tablespoons butter  
2 tablespoons flour  
1 egg yolk  
 $\frac{1}{4}$  teaspoon salt  
freshly ground black pepper  
1 teaspoon lemon juice  
2 tablespoons finely chopped parsley



Split each breast in half. Sprinkle breasts with salt, pepper and lemon juice. Place an oyster in the center of 4 breasts. Cover with the remaining 4 halves. Wrap each serving tightly in aluminum foil. Place the packets in a flameproof casserole just large enough to hold them. Pour on the broth and wine and bring to a simmer. Cover and cook slowly for 20 minutes. Remove the packets and keep warm. Reduce the cooking liquid over high heat to  $1\frac{1}{2}$  cups. In a saucepan, melt the butter and add the flour. Cook, stirring, 1 minute. Add the reduced cooking liquid gradually, beating with a wire whisk until a thick sauce has formed. Remove the pheasant breasts from the foil and arrange on a serving platter. Top with the sauce and garnish with parsley. Serves 4.

Note: Do not reheat the sauce after the egg yolk has been added or it will curdle.

## BREAST OF PHEASANT

6 half breasts of pheasant  
2 teaspoons salt  
4 tablespoons olive oil  
2 tablespoons butter  
6 slices canned pineapple  
1 (#2) can pitted bing cherries  
2 tablespoons cornstarch  
1 cup port wine  
1 cup chicken broth

Season the pheasant with the salt; saute in the olive oil until golden brown on both sides. Bake in a 325 degree oven 1 hour, or until tender. Heat the butter in a deep skillet; saute the pineapple 1 minute on each side. Remove and transfer the pheasant to the skillet. Drain the cherries, measuring 1 cup juice. Mix the cornstarch with the cherry juice, wine and broth; add to the pheasant stirring constantly to the boiling point. Add the cherries and sauce over all. Serves 6.

## CURRIED PHEASANT

1 pheasant  
 $\frac{1}{2}$  cup flour  
3 tablespoons salad oil  
2 medium onions, diced  
 $1\frac{1}{2}$  tablespoons curry powder  
2 tablespoons flour  
3 cups chicken consomme  
2 stalks rhubarb, cut in inch-long pieces  
2 teaspoons salt

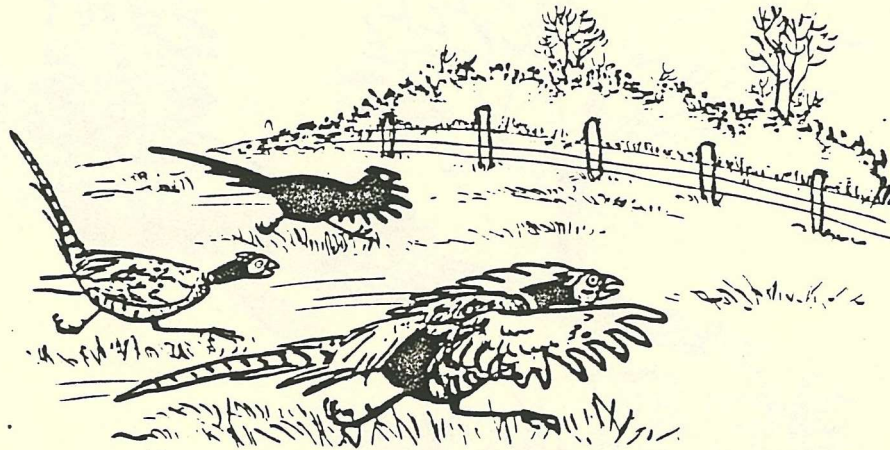
Clean pheasant and cut into 8 pieces. Dredge in flour and cook in hot oil, removing each piece as it browns. Saute onion in the oil. Mix curry powder and flour and add, stirring until blended and smooth. Add consomme; stir until mixture boils. Replace the meat; add rhubarb and salt. Cover and simmer for  $1\frac{1}{2}$  hours, or until tender. Serves 4.



## PHEASANT SPANISH STYLE

2 pheasant, cut in serving pieces  
½ cup butter  
salt, pepper  
2 tablespoons flour  
dash of ground cloves  
1¼ cups game bird stock or chicken bouillon  
6 tablespoons frozen orange juice concentrate  
2 drops tabasco  
1 inch stick cinnamon  
¾ cup white raisins  
⅔ cup shredded toasted almonds

Brown birds in melted butter, in large skillet. Season with salt and pepper. Set aside, covered. Blend flour, cloves in skillet. Stir until bubbly. Add stock, orange juice, tabasco sauce; stir and blend until thickened and boiling. Add cinnamon and raisins. Add pheasant to sauce; cover and simmer until tender, 45 minutes or more. Remove stick of cinnamon. Stir in almonds. Serve pheasant on platter mounded with rice that has been cooked in bouillon and flavored with saffron. Pour sauce over birds and serve rest in sauceboat. Serves 4 to 6.



## SMOKEY PHEASANT

1 pheasant  
½ cup lightly fried pork sausage  
½ cup chopped apple  
1/8 teaspoon salt  
½ teaspoon chopped onion  
dash pepper  
1 cup breadcrumbs  
1/3 cup hot water

Wash pheasant; wipe dry. Sprinkle inside with salt. Mix together all other ingredients; stuff loosely into cavity. Close opening with skewers and lace shut. Sprinkle entire pheasant with salt and place breast side down on rack in roaster. Cover pan with aluminum foil. Roast at 325 degrees for 30 minutes. Mix ½ cup melted butter with ¼ teaspoon liquid smoke seasoning and baste pheasant. Turn breast side up for remainder of roasting; baste with smoke-butter mixture every 15 minutes until tender. Keep covered until last few minutes when cover may be removed to brown pheasant. Serves 4.

## PHEASANT CASSEROLE.

3 cups cooked rice  
Meat from 2 pheasants, already cooked  
1 can mushroom soup  
1 can celery soup  
approx. 2 cups sherry wine  
1/2 cup water chestnuts  
1 envelope dry onion soup mix  
Cheddar cheese to sprinkle on top of casserole

Place rice on bottom of casserole and alternate with pheasant pieces. Pour on mushroom soup, celery soup and sherry. Spread on thin layer of water chestnuts and sprinkle onion soup mix. Top with cheddar cheese. Cook for about 45 minutes in 350 degree oven. If casserole appears to be dry during cooking add small amount of water. Serves 6.



## PHEASANT LOUIS

2 pheasants  
2 slices bacon  
6 apples  
1/2 pint coffee cream  
1 1/2 oz. cognac

Dress and truss the pheasants and cover the breasts with slices of bacon. Brown the fowl in butter. Put in an iron pot, the bottom of which is garnished with browned sliced apples. Put more browned apples around the pheasant. Bake at 350 degrees. When about to serve, baste with fresh coffee cream and a little cognac. Serves 6.

## DRESSING FOR PHEASANT LOUIS

2 cups diced bread  
1/2 cup sliced celery  
1/2 cup sliced apples  
1 pinch thyme  
1 pinch parsley  
1/4 cup dried raisins

Mix the toasted diced bread with the celery, the raisins and the sliced apples. Aromatize with thyme and parsley. Season the interior of the pheasants with salt and paprika and fill half the cavity with the dressing. Pour 2 spoonful melted butter. Fill the other half of the cavity without pressing, add a soup spoonful cognac and more melted butter. Sew up the slits.

## PHEASANT GERMAN STEW

1 pheasant  
1 1/4 tsp. salt  
freshly ground black pepper  
3 tbsp. butter  
1/3 cup finely chopped celery  
2 carrots, peeled and finely chopped  
1 parsnip finely chopped  
1 cup button mushrooms  
2 cups chicken broth  
1 tbsp. lemon juice  
1 tbsp. flour combined with  
    1/2 tbsp. softened butter  
2 tbsp. finely chopped parsley

Sprinkle the pheasant inside and out with 1 tsp. salt and pepper. Heat the butter in a casserole and saute the pheasant over high heat until nicely browned on all sides. Reduce the heat to the lowest possible point, cover the casserole and place an asbestos pad under it. Cook 20 minutes, turning the pheasant once. Remove the pheasant from the pan and set aside until it is cool enough to handle. Discard the skin and bones and cut the meat into bite sized pieces. Place in a clean casserole and add the celery, carrots, parsnip, mushrooms, 1/2 of the broth, lemon juice, remaining salt and pepper. Bring to a boil, reduce the heat and simmer, partially covered, for 30 minutes. Stir in the remaining broth, the flour mixture and parsley and simmer 20 minutes more. Serves 6.