

White Paper

Cleaning Pheasant & Pheasant Recipes

How to Clean a Pheasant

- 1) Turn the pheasant on its back.
- 2) Cut off the wings, one leg & head – one leg needs to be left on the bird for identification.
- 3) Completely skin the bird leaving on the head. Do not gut yet.
- 4) Cut the bird in the middle of the chest – just going through the skin.
- 5) Cut from the bottom of the chest bone to the butt and gut.
- 6) Rinse and you're done.

Brined Roast Pheasant

- 8 cups water
- ½ cup kosher salt
- 1 cup brown sugar
- ¼ cup real maple syrup
- 1 onion, chopped
- 3 cloves garlic, smashed
- 1 pinch ground cloves
- ½ lemon juice
- 1 dash cayenne pepper
- 1 (2 lb) whole pheasants
- 2 tablespoons butter

- 1) Heat together the water and salt until salt is dissolved, then allow cooling to room temperature for about a half hour.
- 2) Add the sugar, syrup, onions, garlic, cloves, and lemon and cayenne pepper.
- 3) Add pheasant, cover and refrigerate overnight.
- 4) The next day, preheat oven to 350 degrees F.
- 5) Place brined pheasant in a roasting pan breast up and insert a tablespoon of the butter under the breast skin.
- 6) Rub the rest of the butter all over the pheasant, then roast uncovered for about 1 - ½ hours; check after an hour, though.
- 7) Baste frequently!
- 8) And if you like, to keep the breast meat moist, you can cover it with bacon strips as well.

Honey Roasted Pheasant

- 2 ½ - 3 pounds pheasants
- Honey
- Salt
- Ground black pepper
- Granulated garlic powder
- Tarragon
- Thyme
- ¼ cup lemon juice

- 1) Preheat oven to 500 degrees.
- 2) Place the pheasant into a baking dish.
- 3) Pour lemon juice over the pheasant.
- 4) Generously spread the honey over the entire bird.
- 5) Season the cavities of the pheasant generously with salt, pepper, garlic powder, tarragon & thyme.
- 6) Lightly sprinkle the outside of the pheasant with salt, pepper, garlic powder, tarragon & thyme.
- 7) Place into the bottom third of the oven & roast until done, which will be when you puncture the bird & the juices run clear.

- 8) Be careful not to over cook the pheasant, as it is a very dry bird with very little fat. Note: Wild pheasants are usually smaller birds, thus will cook in less time. If you are using a wild pheasant, please adjust the cooking time accordingly. ALSO, you can substitute chicken for pheasant.

Pheasant Stir-fry

- 1 cup game bird, boiled, deboned and cut into bite size pieces. Reserve the broth.
- ¼ cup soy sauce, plus 1 tbsp
- 1 teaspoon corn starch
- 1 teaspoon sesame oil, not a blend
- 1 teaspoon red wine vinegar
- ¼ cup honey roasted peanuts
- 1 teaspoon green onion tops, chopped
- 1 tbsp oil
- 1 tbsp ginger root
- 1 teaspoon red pepper flakes
- 1 cup game broth
- Wild rice
- Game broth

- 1) Cook the wild rice per package directions substituting game broth for water. Keep 1 cup of broth back to use later.
- 2) Marinate the meat in 1 tbsp soy sauce and cornstarch. Set aside.
- 3) Combine the ¼ cup soy sauce, sesame oil, 1 cup broth and red wine vinegar together. Set aside.
- 4) Combine the green onion and peanuts. Set aside.
- 5) Heat the oil over medium high heat and sauté the ginger root and red pepper flakes for 30 seconds.
- 6) Add the meat and marinade. Stir-fry for 1 minute.
- 7) Add the other liquid ingredients and stir until translucent.
- 8) Add the green onion and peanuts. Stir until combined.
- 9) Serve over the wild rice. Serves 2-3.

Stuff Breast of Pheasant En Croute

- 4 pheasant breast (if pheasant is not available chicken may be substituted)
- 1-tablespoon butter
- ¾ cup Brie cheese, diced
- 1 tablespoon shallots, minced and sautéed until translucent
- 1 teaspoon garlic, minced and sautéed until translucent
- 2 tablespoons tomatoes, concasse (peeled, seeded and diced)
- 2 tablespoons green onions, chopped
- 2 tablespoons cremini mushrooms, finely chopped
- 1 teaspoon sage, finely chopped
- 4 slices bacon
- Salt and pepper
- 4 sheets puff pastry, 5 x 5 inches
- 1 egg, beaten

- 1) Season breast with salt and pepper.
- 2) Sear well in a pan with butter and let cool.
- 3) Mix Brie, shallots, garlic, tomato, onion, mushrooms and sage.
- 4) Season to taste.
- 5) Stuff ¼ of cheese mixture under the skin of each cooled breast.
- 6) Wrap each with a slice of bacon.
- 7) Wrap with puff pastry.
- 8) Brush top with beaten egg.
- 9) Bake at 425 degrees for 12-15 minutes.

Baked Pheasant

- 1 can (10.75-ounces) cream of chicken soup
- ½ cup Apple cider
- 1 teaspoon. Worcestershire sauce
- ¾ teaspoon. Salt
- 1/3 cup Chopped onion
- 1 Clove (small) garlic, minced
- 1 can (4-ounces) sliced mushrooms, drained
- 2 Pheasants
- Paprika

- 1) Blend all ingredients except pheasants and paprika. Pour over pheasants and sprinkle with paprika.
- 2) Bake at 350, covered, for 1 - ½ to 2 hours.
- 3) Remove cover the last 30 minutes of cooking.
- 4) After 1 hour, sprinkle again with paprika.

Fried Pheasant

- 1 Pheasant Breast, boned
- 1 cup flour
- 1 cup corn meal
- 1 can beer
- Salt and pepper to taste

- 1) Cut pheasant into 2 strips.
- 2) Mix flour and corn meal. Add enough beer to make batter as thick as pancake batter.
- 3) Fry strips until golden brown.

Grilled Pheasant

- 4 boneless Pheasant Breasts
- 2 teaspoon Olive Oil
- 1 lb. of your favorite pasta
- 1 large, diced tomato
- 1 jar of prepared basil pesto
- Salt & Pepper to taste
- Cook your favorite pasta as directed.

- 1) Turn grill on high heat.
- 2) Remove skin from pheasant breasts.
- 3) Brush oil on both sides and season with salt & pepper.
- 4) When grilling, cook each side 4-5 minutes then turn 1/4 turn and grill another 2 more minutes. This will give nice grill pattern on meat.
- 5) Place pesto in sauce pan and add diced tomatoes. Heat on low until warm. Set aside with lid on to preserve heat. Stir slightly before serving.
- 6) Place pasta on plate, and top pasta with breast. Place tomato basil pesto across breast for presentation.

Chili Pheasant

- ❑ 8 pheasants, breasts boned
- ❑ 1 (10 ½ ounce) can green chilies, chopped
- ❑ 8 ounces Monterey jack cheese, cut into 8 strips
- ❑ ¼ cup breadcrumbs
- ❑ ¼ cup parmesan cheese
- ❑ 1 tablespoon chili powder
- ❑ ½ teaspoon salt
- ❑ ¼ teaspoon cumin
- ❑ 8 tablespoons butter, melted
- ❑ 1 (15 ounce) can tomato sauce
- ❑ ½ teaspoon cumin
- ❑ 1/3 cup onions, sliced
- ❑ Hot pepper sauce

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

Pheasant in Wine Sauce

- ❑ 2 pheasants cut into serving pieces
- ❑ 2 medium onions
- ❑ 1 clove garlic
- ❑ 1 teaspoon coarse ground black pepper
- ❑ 1 bottle Westinghouse white cooking wine
- ❑ 2 tbs olive oil

- 1) Put the onions, garlic, pepper and wine into a blender. Finely blend for 1 - 2 minutes.
- 2) In a medium skillet, brown the pheasant in the oil until golden brown on both sides.
- 3) Drain oil. Add the blended wine mixture. Cover and cook over medium heat until pheasant is tender.
- 4) Remove the lid and increase heat to medium high. Cook until wine mixture is nearly evaporated.
- 5) Serve with roasted potatoes.

Garlic Pheasant

- ❑ 6 tablespoon garlic powder
 - ❑ 1 tablespoon celery salt
 - ❑ Ground black pepper
 - ❑ 1 teaspoon cyan pepper
 - ❑ 2 tablespoon lemon pepper
 - ❑ 2 teaspoon to 2 tablespoon Onion powder
 - ❑ 6 cups of water
- 1) Soak pheasant in a large bowl with enough water to cover the bird. Add 3/4 to 1 cup Garlic salt. Sit in refrigerator for 24 to 30 hours, covered with plastic wrap. This takes the gamey taste out and puts moisture in.
 - 2) Drain the water, and rinse off the bird.
 - 3) Place bird in a roasting pan.
 - 4) Rub on 6-tablespoon garlic powder and 1-tablespoon celery salt onto bird.
 - 5) Sprinkle on ground black pepper, 1 teaspoon cyan pepper (optional), 2 tablespoon lemon pepper, 2 teaspoons to 2-tablespoon Onion powder (optional).
 - 6) Add about 6 cups of water (or enough to allow for ½ inch of standing water in pan).
 - 7) Press tooth picks into four corners of the bird.
 - 8) Place a piece of tin foil over the bird and press center of tin foil downwards toward bird. This allows the steam to condensate on the tin and flow towards the center and drip down on the bird. It self bastes.
 - 9) Cook bird on 350 until meat is tender (about 2-3 hours depending on size of bird).
 - 10) Prepare white rice while bird is cooking.
 - 11) Drain juices form bird when done cooking and add leavening agents (flour, corn starch, etc) to make into nice smooth gravy. Add pepper and salt to taste.
 - 12) Place rice on plate. Place slices of pheasant on rice and top with gravy.

Pheasant Enchiladas

- ❑ 2 pounds pheasant breasts cut into small pieces (6-8 breasts)
 - ❑ 1 large white onion, diced
 - ❑ 2 - 15 ounces cans green chili enchilada sauce
 - ❑ 1 can cream of chicken soup
 - ❑ 1 small can green chilies, diced
 - ❑ 1 small can jalapenos, diced (or less depending on taste)
 - ❑ 1 tablespoon chili powder
 - ❑ 1 ½ teaspoon ground cumin
 - ❑ 16 ounces sour cream
 - ❑ 2 pounds shredded cheese (Monterey Jack and mild cheddar)
 - ❑ 1 package of flour tortillas (about 12)
- 1) Add green chili enchilada sauce, cream of chicken soup, half of the diced onion, diced green chilies, diced jalapenos, cumin, and chili powder to medium sauce pan, blend well and simmer for at least 30 minutes. Sauté pheasant pieces until done.
 - 2) Remove from heat and immediately add 1 pound of cheese, sour cream and remaining raw onion. Mix together. Pour small amount of enchilada sauce into 9 x13 baking dish, just enough to coat bottom.
 - 3) Fill tortillas with pheasant mixture, roll up and place rather tightly into the baking dish. Pour remaining enchilada sauce over top of enchiladas and cover with remaining cheese.
 - 4) Cover tightly with aluminum foil and bake at 350 degrees for 30-40 minutes or until hot. Garnish with freshly torn or chopped cilantro, sliced fresh jalapenos, black olives, more diced raw onion, guacamole or whatever you like.