

MacFarlane Pheasants Presents

Pheasant for Dinner



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Add Pheasant for Gourmet Flavor and Flair

MacFarlane Pheasants bring gourmet flavor, convenience and flair to the menu. From appetizers to pheasant entrees, use this gourmet ingredient to add flavor and make sensational salads, appetizers and savory stir-fry dishes. In this recipe book you will find a wide selection of pheasant recipes for appetizers, soups, salads and entrees.



Our Pheasant

*Quality, Taste, Family Owned
and Operated Farm since 1929*

As the largest pheasant farm in North America, MacFarlane Pheasants of Janesville, Wisconsin knows pheasants. Backed by two generations of expertise at raising pheasants —and having complete control of the process from pasture to plate—MacFarlane Pheasants offer unmatched quality. This protein-rich power food is packed with superior nutrition, and is conveniently available year round.

Light and Luxurious MacFarlane Pheasant

Discover MacFarlane Pheasant — a natural, lean, hearty meat with superb flavor and superior nutrition. This artisan meat is a healthy, natural choice that astute food-lovers will savor. Food service professionals will appreciate the consistent quality.

We offer everything from traditional whole pheasants to convenient fully cooked products. MacFarlane Pheasants provides a wide variety of fresh and frozen offerings. Sizes and customized options are available for food service professionals through a trusted local distributor or can be purchased directly.



Appetizers

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BBQ Pheasant & Gouda Pizza

- 1 (12 inch) pre-baked pizza crust**
- 1 cup spicy barbeque sauce**
- 2 MacFarlane skinless boneless pheasant breast halves, cooked and cubed***
- 1/2 cup chopped fresh cilantro**
- 1 cup sliced pepperoncini peppers**
- 1 cup chopped red onion**
- 2 cups shredded smokey Gouda cheese***



Directions:

Preheat oven to 350 degrees F (175 degrees C). Place pizza crust on a medium baking sheet. Spread barbeque sauce onto the crust. Top with pheasant, cilantro, pepperoncini peppers, onion and cheese. Bake in the preheated oven for 15 minutes, or until cheese is melted and bubbly.

*You can substitute smoked pheasant for regular pheasant and then switch over to traditional Gouda cheese.

Cook Time: 15 minutes

Prep Time: 5 minutes

Cormier Pheasant Scaloppini

3 pounds of MacFarlane pheasant breast taken off the bone and pound into cutlets (1/2 inch thick) - you may need 3-4 whole pheasants

2 cups of plain bread crumbs

1 cup of fresh grated pecorino Romano cheese

6 cloves of pressed garlic

1/2 cup of freshly chopped curly parsley

3 pinches of sea salt

2 tablespoons of fresh ground black pepper

1 cup of fresh squeezed lemon juice

1 cup of chicken stock

1/2 cup of white wine

3 tablespoons of butter

1/4 cup of capers



Directions:

Combine breadcrumbs with grated cheese, garlic, parsley, 1 pinch of salt and 1 tablespoon of black pepper. Mix thoroughly to ensure that garlic is evenly distributed throughout mixture. Place each pheasant breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-1/2 inch thickness using a meat mallet or rolling pin. Dip pheasant in lemon juice, and sprinkle with remaining salt and pepper. Dredge pheasant in breadcrumbs mixture. Heat a large nonstick skillet, coated with olive oil, over medium high heat. Add pheasant to pan and cook for 3 minutes on each side or until pheasant is done - do not overcook as it will continue to cook while warming. Remove from pan and keep warm in baking dish in warm oven.

Once all pheasant is cooked, use the pan to cook sauce as a deglaze. Add broth and wine to pan, and cook for 2 minutes, stirring constantly. Remove from heat. Stir in capers and butter. Place pheasant on a deep platter and then pour sauce over platter. Serve immediately with a summer vegetable orzo or a roasted root vegetable and truffled sage fresh pasta.

Yield: 4-6 servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Wine pairing - Bergstrom Shea Vineyards Pinot Noir Entrant: Karen McShea

Grilled Pheasant Kabobs

**1-1 1/2 pounds MacFarlane
pheasant breast strips**
1 4-ounce jar jalapeno peppers, reserve juice
12 slices bacon, cut into thirds
6 bamboo skewers, soaked in water

Directions:

Cut the pheasant breast into 36 pieces and place in a mixing bowl. Pour the juice from the jalapeno peppers over the pheasant and marinate for 20 minutes.



Preheat outdoor grill for medium heat and lightly oil the grate. Drain and discard the marinade from the pheasant. Place a slice of jalapeno pepper onto each piece of pheasant breast, and wrap with a bacon strip and slide onto skewer. Place 4 to 6 rolled wraps on each skewer. Place kabobs on the grill, turning frequently for 15 minutes, or until the bacon is crispy and grilled. Remove skewers from grill. Plate pheasant and serve immediately.

Using an oven:

Turn on the broiler and place skewers on baking pan. Keep pan 6 inches away from the heat source to avoid cooking too quickly. Broil each side for 10 minutes, or until bacon is crispy. Turn and broil for an additional 10 minutes. Remove skewers from oven, plate and serve immediately.

Yield: 9 servings

Prep Time: 30 minutes

Cook Time: 15 minutes

Petit Pheasant Pot Pie

3 tablespoons unsalted butter, divided
1/2 cups onions, minced
1/2 cups carrots, chopped
1/2 cups celery, chopped
2 MacFarlane pheasant breasts
1 cup mushrooms, chopped
2 tablespoons brandy
3/4 tablespoon flour
2 cups whole milk
1 cups Yukon Gold potatoes, diced and cooked
sea salt & pepper to taste
fresh tarragon to taste
garnish with chopped chives



Directions:

In a large sauté pan, add 2 tablespoons of butter and melt. Add onions, carrots and celery to the pan, sauté until onions are translucent. Add pheasant breasts and heat through about 2 - 3 minutes. Remove pheasant from pan and cut into bite-size pieces. In sauté pan, add remaining butter and mushrooms, sauté for 3 minutes. Next, add brandy and heat until warm. Add flour and stir until a paste is formed. Add milk and stir. Bring to a simmer to thicken. Add potatoes and pheasant, mix well. Season with salt, pepper and tarragon. Spoon into shot glasses or ramekins. Bake at 350° F for 7-10 minutes. Remove from oven. Garnish with chives, serve.

Yield: 5 servings

Prep Time: 25 minutes

Cook Time: 10 minutes

Pheasant Breakfast Sausage

4 MacFarlane pheasant legs or breast meat removed, approximate weight 16 oz.

1/3 pound of bacon

1 tablespoon of dry rubbed sage

1 teaspoon of garlic powder

2 teaspoons of onion powder

½ teaspoon marjoram

½ teaspoon lightly crushed Fennel or Caraway seeds

salt and pepper to taste

Directions:

Place all ingredients into a food processor and pulse 10-15 times until combined, or chop with a sharp knife. Shape into patties and fry over medium high heat until cooked thoroughly.

If you have the time, let the meat rest in the fridge up to 24 hours to intensify the flavor prior to cooking.

Pheasant Pate

**1 MacFarlane fully cooked pheasant breast,
cooled**
1 teaspoon soft butter
1 tablespoon chopped onion
1 teaspoon chopped garlic
1 ounce cognac
**1 tablespoon chopped parsley and rosemary,
mixed**
1/2 teaspoon salt
dash of pepper
1/2 teaspoon mustard
1 teaspoon mayonnaise



Directions:

Remove skin and bones from cold breast, then put through meat grinder with small to medium holes, set aside. In a medium saucepan, add butter, onion and garlic. Sauté until onions are translucent, deglaze with cognac. Reduce mixture to half the volume. In a medium mixing bowl, add onion mixture, pheasant and remaining ingredients. Mix until very well blended. Add to a decorative mold or mold into desired shape. Place covered in a refrigerator for 1-2 hours, or until fully set. Serve with breads, nuts and dried cranberries.

Yield: 4 servings

Pheasant Dunkers

**1 pack MacFarlane pheasant breasts strips,
cut into halves or thirds**
3 eggs
1 – 2 teaspoons garlic powder
1 – 2 teaspoons onion powder
salt and freshly ground black pepper, to taste
1 package plain bread crumbs
Canola oil for frying



Directions:

Preheat at least 1 inch of canola oil in a deep fry pan to 350 degrees F. In a glass bowl, whisk the eggs together and add the garlic and onion powder. Add the salt and pepper and whisk well. Place the pheasant in the bowl for a few minutes. Meanwhile, sprinkle the crumbs or cereal on a large plate or into a plastic bag. Roll each pheasant strip in crumbs until fully covered. Using tongs, add the pheasant to the hot oil and fry until a deep golden brown until the meat is completely cooked, approximately 2-3 minutes per side. Drain on paper towels and serve with various dipping sauces or mustards.

Oven option: Preheat oven to 400 degrees F and have an ungreased pan with low sides ready to place pieces on. Place pheasant pieces evenly spread out in the pan, place in preheated oven for 5 minutes, then turn over. Heat for another 6-8 minutes until slightly firm to the touch. Serve with your favorite sauces.

MacFarlane Pheasant and Blue Cheese Sliders

Pheasant and Marinade

1 ½ pounds MacFarlane boneless skinless pheasant breasts
¾ cup wholegrain mustard
2 tablespoon hot sauce
juice from 1 orange
juice from 1 lime
2 tablespoons brown sugar
2 tablespoons white balsamic vinegar
2 tablespoons Cilantro, chopped
ground black pepper to taste
1 shallot, minced
2 cloves, oven roasted garlic, made into a paste

Blue Cheese Sauce

2 tablespoons clarified butter
1 shallot minced
1 oven roasted garlic clove, minced
¼ cup dry white wine
2 cup heavy cream
2 cup creamy Wisconsin blue cheese
4 ounce cream cheese
fresh oregano to taste
salt and pepper to taste

Directions:

Pheasant: Combine all of the marinade ingredients and whisk them until well combined. Place marinade and pheasant in a sealable bag and allow to marinate for up to 4 hours. Remove the breasts from the marinade and wipe them dry. Grill over medium heat until an internal temperature of 160 degrees F is reached. Discard the marinade.

Blue cheese sauce: Sweat the shallots and garlic in the clarified butter until translucent and add the wine. Allow to reduce until the wine is almost evaporated then add the cream and reduce by ½ the volume. Turn the heat down, melt the blue cheese and cream cheese into the sauce and season to taste. Reserve warm.

Onion straws: Heat the oil to 350 degrees F, soak the onion straws in the egg batter, then remove and toss in the seasoned flour. Shake off any excess flour and drop into the oil. Cook until golden brown, remove and drain on paper towels until service.

Presentation: Portion the 4 breasts into 8 bun sized pieces. Place one piece onto each bun, drizzle with the rich cheese sauce and top with a small portion of baby greens and onion straws.

Yield: 4

Onion Straws

½ onion, sliced thin
3 eggs beaten with 1 tablespoon water
seasoned all purpose flour
vegetable oil for frying

Other

8 small slider buns of choice
2 cups mixed baby salad greens

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Apple and Fig Stuffed Pheasant Breasts

4 MacFarlane pheasant breasts

4 dried apple rings (diced small)

2 dried figs (diced small)

1 egg

1 tablespoon chopped pistachios (optional)

1/2 teaspoon kosher salt

dash black pepper

Directions:

Remove the tenderloin from the breasts, place in a food processor with the egg making a pheasant mousse. Next, fold the apples, figs, and pistachios into the mousse and season with salt and pepper. Place this mixture into a piping bag.

Next pound the breasts with a meat mallet to a uniform thickness. Take the piping bag with the pheasant mousse, and pipe a log of the mixture into the center of the uniformly pounded breast. Place this onto a piece of plastic wrap and roll the breast, twisting the ends of the plastic wrap to make a tight seal, and to help for the breast into a tube shape. Repeat the step again to make sure there is a tight seal. Then a third time the opposite way, to keep the twists in place.

Once the breasts are wrapped in plastic, poach them in a 165 degrees F water bath for two hours or until the internal temperature of 155 degrees F is achieved. Once they are cooked, chill them in an ice bath.

After they are chilled, remove them from the plastic, slice and serve. Plate and serve on mashed potatoes with grilled green beans and bordelaise sauce.

You can substitute smoked pheasant for regular pheasant. If this is done then switch over to traditional Gouda cheese.

Yield: 4 servings

Baked Parmesan Pheasant

1 cup herb seasoned stuffing, crushed

2/3 cup parmesan cheese, grated

1/4 cup fresh parsley, chopped fine

2 1/2 – 3 pounds MacFarlane pheasant, cut in serving pieces

1/2 cup butter, melted

Directions:

Combine crushed stuffing, cheese and parsley. Dip pheasant pieces in melted butter, and roll in stuffing mixture. Arrange pieces, skin side up, in large shallow pan. Do not crowd or turn. Sprinkle with remaining crumbs. Bake at 375 degrees F for 1 hour or until tender.

Suggestion to reduce the fat: Cut butter to ¼ cup and melt in baking pan. Then dip pieces in ¼ cup milk.

Yield: 4 Servings

Baked Pheasant with Apples and Hazelnuts

Canola oil, as needed
2 small onions, quartered
3 stalks celery, sliced ½ inch wide
1 MacFarlane pheasant 2.5-3 lbs,
cut into serving pieces
2 tart apples, peeled and cored
(such as Honey Crisp or Granny Smith)
1/2 cup pheasant or chicken stock
1 tablespoon honey
2 tablespoons Worcestershire sauce
Nutmeg
salt and pepper to taste
2 tablespoons toasted hazelnuts, chopped



Directions:

Preheat the oven to 350 degrees F. Heat a medium non-stick skillet, add oil and fry the onions and celery in a pan to brown lightly, spread evenly over the bottom of a 9 x 13 inch casserole dish. In the same pan, fry the pheasant, turning occasionally until skin is golden & crispy. Place the pheasant on top of the onion and celery mixture and tuck the apple slices in and around pheasant. Mix the stock, honey and Worcestershire sauce and spoon over pheasant pieces. Sprinkle with nutmeg, salt and pepper, cover and bake for 90 minutes or until tender. Sprinkle with nuts and serve.

Yield: 4 servings

Cook Time: 1 hour 45 minutes

Braised Pheasant

2 MacFarlane pheasants, 2.5-3 lbs
1/4 cup oil
(safflower or canola is recommended)
3 cups peeled and thinly sliced granny
Smith apples
1 cup thinly sliced onions
1/2 cup apple jack
(or apple juice with a shot of smooth brandy)
1 teaspoon nutmeg
1/2 cup half-and-half cream
1/2 teaspoon salt-free seasoning blend
ground black pepper to taste



Directions:

Preheat oven to 350 degrees F (175 degrees C). In a large Dutch oven, over medium heat, brown the pheasants in the oil on all sides. Tuck the sliced apples and onions in and around the pheasant. Pour the apple jack over all and light it on fire. Shake pan until flames subside. Dust the tops of the pheasant with nutmeg.

Bake covered for about 1 hour, or until the juices run clear when a knife is inserted into the thigh. Remove the pheasant, apples and onions to a platter and keep warm in the oven. Transfer juices to a saucepan and bring to a simmer over medium heat. Stir in the half-and-half and let simmer for 5 minutes, stirring frequently. Season to taste with salt-free seasoning blend and ground black pepper. Pour over the pheasants and serve.

Braised Pheasant with Mushrooms and Sherry

2 MacFarlane pheasants (About 2.5 lb each)

4 slices bacon in ¼ inch slices

4 tablespoons butter (can use olive oil)

flour for coating

1 onion chopped

3 stalks celery sliced

½- 1 shallot

½ bulb thinly sliced fennel

1 ounce porcini mushrooms in 8 ounces hot water, reserve water

8 ounce fresh mushrooms sliced

1/3 cup sliced almonds dry roasted

1 tablespoon coarse salt

1 teaspoon ground black pepper

3-4 sprigs fresh Thyme

1 sprig fresh Rosemary

white wine as needed for braising

1 pint cream or half and half

1 cup dry sherry



Directions:

Remove backbone from pheasant and quarter, pat dry. Cook bacon in Dutch oven until slightly brown, remove bacon and leave the grease. Heat half of butter or oil in Dutch oven. Shake pheasant in bag with flour. Brown (all sides) on medium high heat, takes about 20 minutes. Remove pheasant, add remaining butter, sauté onion, celery, shallots and fennel until tender. Add mushrooms (regular and porcini) and almonds and continue cooking until tender. Add porcini water, ½ cup white wine, salt, pepper, thyme and rosemary. Heat to simmer and then add pheasant. Place in 325 degrees F oven for 2 hours tightly covered. Check liquid level, add white wine if necessary. Remove pheasant, stir in cream or half and half and sherry. Return pheasant to pan, cover and place in 350 degrees F oven until meat falls off the bone (approx. 1 hr). Remove pheasant and boil sauce down if necessary.

Serve With: Brown long grain rice

Brine & Bake Pheasant

1 – 2 to 2.5 pounds MacFarlane pheasant
2 quarts water
½ cup salt – pickling, sea or Kosher is best
½ cup brown sugar
½ cup honey or maple syrup
1 small onion chopped finely
3-4 cloves garlic chopped finely
1 stalk celery chopped finely
¼ cup lemon juice (or juice from 1 lemon)
1/8 teaspoon cayenne pepper (optional)
2 tablespoons butter, cold
2 tablespoons butter, softened
salt, pepper and paprika to taste



Directions:

In large sauce pan, heat water until starting to steam and add salt, brown sugar and honey. Turn off heat and stir until dissolved. Allow to cool for ½ hr to 1 hour to room temperature. Then add the onion, garlic, celery, lemon and optional cayenne; mix and add pheasant. Cover and refrigerate at least 12 hrs (overnight is best to make for dinner the following evening). Preheat oven to 325 degrees F. Remove pheasant from brine and discard brine. Pat dry with paper towel; place breast side up in roasting pan. Put 1 tablespoon of butter under skin on each side of breast. Then brush the softened butter over the skin on top. Add salt, pepper and paprika to taste. Roast for 1 ½ hr, basting frequently, then take temperature in thigh and breast. Temperature should read 165 degrees F. Once it reaches this temperature, remove from oven and cover in a warm place to rest for 10 minutes to allow reabsorption of juices. Carve and enjoy!

Optional cooking ideas:

Stuff cavity with a small whole lemon and ½ onion chopped.

Stuff cavity with fresh sage, parsley and chopped garlic/onion.

Top breast and wrap drumstick with bacon.

Add 'seasonal' spices such as clove, nutmeg or cinnamon to brine and serve with cranberry sauce

Prep Time: 1 hour 30 minutes

Cook Time: 1 hour 30 minutes

Yield: 8 servings

Curried Pheasant

By Marie Hoyer

1 2-2.5 pound MacFarlane pheasant, cut in pieces

1/2 cup flour

3 tablespoons shortening or oil

2 medium size onions, chopped

1-1/2 tablespoons curry powder

2 teaspoons salt

2 tablespoons flour

3 cups beef broth or bouillon

1 tart apple, cut in slices with seeds removed

Directions:

Roll pheasant pieces in 1/2 cup flour and brown in hot oil. Once browned, remove meat. Add onion to pan and cook until translucent. Mix curry powder, salt and flour with broth. Mix well to blend. Add to onions and mix well. Stir until it boils. Add meat and apple slices. Cover and cook on low 90 minutes or until tender.

Drunken Pheasant

1 MacFarlane whole pheasant, 2-3 lbs

1 tablespoon dark mustard (like Grey Poupon)

4 tablespoons olive oil

1 tablespoon rosemary leaves

¼ cup Scotch or Whiskey

(wine will work if you are out of the others)

¼ cup pheasant broth (chicken will work too)

Directions:

Remove the breast portions from the fresh or thawed bird. Then cut off the leg quarters, removing the skin. Pour the olive oil into a medium sauté pan and heat on medium high heat. Coat the pheasant pieces with the mustard and place in preheated pan to brown. Turn over as browning occurs. Add remaining ingredients to pan, cover and bring the liquid to a boil. Reduce heat to simmer for 7-8 minutes, uncover and remove breast portions to a covered plate to keep warm. Keep the leg quarters in the broth and allow to simmer for another 5 minutes until the broth is reduced to a nice sauce consistency. Serve with garlic mashed potatoes and brussels sprouts or asparagus.





Dry Sack Braised Pheasant Thighs, with Caramelized Root Veggie & Crisp Potatoes

2 ounces olive oil
3 pounds MacFarlane pheasant boneless thigh meat
10 ounce Dry Sack Sherry
5 cups pheasant stock
3 Thyme sprigs
1 teaspoon Juniper Berries
1 Bay leaf
salt & pepper to taste
2 ounces extra virgin olive oil
8 ounces diced rutabaga, blanched
8 ounces diced celeriac, blanched
8 ounces diced butternut squash, blanched
2 tablespoons parsley, chopped
1 tablespoon sage, chopped

Directions:

Season pheasant thighs with salt & pepper on both sides. Preheat sauté pan over medium high heat and add the olive oil. Lightly render and brown the skin on the thigh meat; remove from the pan and reserve.

Deglaze the pan with Dry Sack and reduce by half; add the pheasant stock, Thyme, Juniper Berries and bay leaf and bring to a simmer.

Place the thighs, skin side up in a roasting pan and add the hot stock. Make sure there is adequate stock to completely cover the thighs.

Cover with foil, place in a 275 degrees F oven and cook until fork tender (about 2.5 hrs). Strain stock & lightly thicken sauce consistency with roux or cornstarch.

Sauté root veggies in extra virgin olive oil until lightly caramelized and hot throughout. Add herbs and season to taste or eye appeal – Garnish with mini potato chips and chopped smoked almonds.

Recipe compliments of:

Ken Arnone CMC, WACS Global Master Chef www.ka-cmc.com

Grilled Pheasant with Morel Polenta & Roasted Tomato Couli

3 roma tomatoes, cut in half lengthwise
2 shallots, peeled, chopped
1 clove garlic, peeled, minced
1 tablespoon extra virgin olive oil
1/2 teaspoon sea salt
1/4 teaspoon cracked black pepper
1/2 cup dry white wine
1 tablespoon olive oil
1 1/2 cups fresh morel mushrooms, cleaned, chopped
3 cups low sodium chicken broth
1/4 cups half & half
1 cup yellow corn meal
1/4 cup gorgonzola cheese, crumbled
1/3 cup chopped fresh herbs, rosemary, chives, parsley, thyme
1/4 cup extra virgin olive oil
salt & pepper, 1/4 teaspoon each
6 MacFarlane cooked pheasant breast halves
1 teaspoon each butter and olive oil
18 stalks fresh asparagus, washed, trimmed
1 cup fresh baby lettuce blend, washed, patted dry
1/2 teaspoon white truffle oil, optional



Continued on next page.

Grilled Pheasant with Morel Polenta & Roasted Tomato Couli Continued...

Roasted Tomato Coulis

In a small baking dish add tomatoes cut side up, shallots and garlic. Drizzle with olive oil. Sprinkle with salt and pepper, add wine. Roast uncovered at 250 degrees F for 3 hours. Remove tomato skins. In a blender, add tomato mixture, blend until smooth. Season to taste with salt & pepper. Keep warm until needed.

Morel Polenta

In a medium saucepan over medium heat, add oil, heat. Add mushrooms, saute for 5-7 minutes or until softened and cooked through. Add broth and half and half bring to a simmer. Reduce heat to low, slowly whisk in corn meal. Cook for 20-30 minutes stirring constantly until thick and cooked through. Fold in gorgonzola cheese. Spread mixture evenly into a foil lined pan. Cover and refrigerate until firm (2-3 hours). Cut into serving size rounds or squares. Refrigerate until needed.

Pheasant

In a large re-sealable bag add fresh herbs, olive oil, salt and pepper, mix together. Remove pheasant from package, add pheasant to fresh herb mixture, toss. Refrigerate for 2-3 hours or overnight.

To prepare per order

In a small non-stick pan over medium heat, add 1 teaspoon unsalted butter, and 1 teaspoon olive oil, blend together. Add polenta, sauté for 5-7 minutes per side or until golden brown. Meanwhile, remove pheasant from herbs. Grill for 3-5 minutes on each side or until heated through. In a small saucepan, add asparagus. Sauté or steam asparagus until crisp tender. Season with salt & pepper.

To plate

Place polenta near center of plate. Lay the asparagus over polenta. Place pheasant slightly over polenta and asparagus. Place lettuce to the side of pheasant, drizzle with white truffle oil or favorite dressing. Spoon tomato coulis to the side of pheasant, spread around pheasant with the back of a spoon. Serve immediately.

Yield: 6 servings

Prep Time: 1 hour 15 minutes

Cook Time: 3 hours

By Chef Jim Rude, P. Dickey's , Janesville, WI

Herb Roasted Pheasant with Wild Rice Stuffing

By Chef Shannon Shaffer, Design Cuisine, Arlington, VA

2 quarts chicken stock or canned chicken broth

1 pound wild rice, long grain

1/2 onion, diced

2 carrots, diced

2 tablespoons garlic, roasted

1/2 cup dried apricot, small and diced

**10 MacFarlane pheasant breasts, boneless, remove tenders and reserve for stuffing,
cut small pocket in side of breast for stuffing**

1/2 cup olive oil with chopped Rosemary, Thyme and Sage

1 tablespoon salt and pepper mix

Directions:

In a sauce pan, bring chicken stock to a boil and add rice, cook until soft and until most of the liquid is gone. Add the onion, carrot, garlic and apricot. Cook until the vegetables are soft and all liquid has been absorbed. Refrigerate rice mixture until cold. In a food processor, puree pheasant tenders to a paste consistency to use as a binder for rice mix. When rice is cool, add the pheasant puree to the rice until well mixed. Adjust seasoning with salt and pepper and return to refrigerator until ready to stuff. Preheat oven to 400 degrees F. Make 10 small football shaped patties of the rice mix, stuff inside the pheasant, being careful not to overstuff the pheasant. Rub herb/oil mixture on top and bottom of the pheasant, season with salt and pepper. Place the pheasants on a heavy gauge roasting pan and then in a preheated oven for approximately 8-10 minutes. Remove pheasants from oven and cover with lid or foil and allow to sit for 10 minutes before serving over sautéed spinach.

Yield: 10 servings

Recipes from the 2009 Inaugural Luncheon courtesy of Design Cuisine.

Honey Baked Pheasant Breasts

**4 MacFarlane boneless pheasant breasts,
approx 4-6 ounces, each
seasoned flour (with salt, pepper and paprika)
onion powder
1 cup butter
2 cups honey
3 tablespoons fresh parsley, chopped**

Directions:

Preheat oven to 300 degrees F.

In medium skillet, melt ½ cup butter. Flatten the breast piece so they are approximately the same thickness, then dredge in flour and sprinkle onion powder over each piece. Brown pheasant breasts in melted butter and move to glass 9x13 inch pan. Melt remaining butter in skillet and add honey. Once warmed through, pour over pheasant breasts and sprinkle parsley on top. Cover pan tightly with aluminum foil and bake for 20-25 minutes at 300 degrees F or until juices run clear.

Garlic powder also enhances the flavor of pheasant. If you choose to use this too, add at the same time you add the onion powder.

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 25 minutes



Mushroom Duxelle

Stuffed Pheasant Breast

By Great Caterers of Iowa

1 tablespoon butter

**½ cup finely chopped button or
baby bell mushrooms**

1 teaspoon minced shallots

1 tablespoon minced garlic

Pinch of fresh chopped basil and garlic chives

1 tablespoon roasted garlic puree

6 ounces cream cheese

2 MacFarlane bonesless pheasant breasts

pinch of Kosher salt and white pepper

4 ounces heavy cream



Directions:

Preheat oven 300 degrees F. In a small saucepan, add butter, mushrooms, shallots, sauté. Add garlic and fresh herbs, mix. Remove from heat, add garlic puree and cream cheese, mix until combined. Season to taste. Make a slit in the meaty portion of the breast. Pipe mushroom mixture into the slit until plump. On a baking sheet pan, place the pheasant. Put in oven, heat until internal temperature 160 degrees F. In a small saucepan, over medium heat, add the remaining mushroom mixture and cream, mix together. Reduce to desired consistency. Pour sauce over pheasant. Serve immediately.

Yield: 2 servings

Pan Roasted Breast of Pheasant with Vanilla and Pears

Recipe courtesy Jimmy Schmidt;
The Rattlesnake Club

- 4 – 7 ounces MacFarlane pheasant airline breasts
- 6 tablespoons sugar, divided
- 1/4 cup salt
- 1 quart cold water
- 4 tablespoon unsalted butter
- 1 cup diced shallots
- 1 large vanilla bean, split lengthwise in half and scraped to gather the vanilla seeds
- 1/2 cup dry white wine, preferably Chardonnay
- 1 cup pear cider
- 1 cup heavy cream
- 2 tablespoon preserved ginger, minced
- salt
- freshly ground black pepper
- 2 cup dry red wine
- 1/4 cup honey
- 1 tablespoon coriander seed, toasted and crushed fine
- 2 Anjou pears (reds preferably), halved, cored and sliced into 1/2-inch thick slices
- 2 cups rice pilaf, formed into a cylinder in a gelatin mold
- 2 tablespoons snipped fresh chives 4 chives blades, for garnish

Directions:

To cure the pheasant: In a large bowl combine the water, 1/4 cup each of sugar and salt, mixing to dissolve. Add the pheasant breasts, cover with plastic wrap and refrigerate overnight.

To make sauces: In a large, non-stick skillet, heat 1 tablespoon of the butter over medium to medium high heat. Add the shallots cooking until tender, about 3 minutes. Add the vanilla bean and seeds, white wine, cider, and cream. Bring to a simmer cooking until the liquids are reduced and thickened to sauce consistency, about 10 minutes. Add the ginger. Season with salt and pepper. Keep warm.



Continued on next page.

Pan Roasted Breast of Pheasant with Vanilla and Pears Continued...

In another saucepan, combine the red wine and the honey. Bring to a simmer over high heat cooking until reduced to coat the back of a spoon, about 15 minutes. Reserve.

To cook the pheasants: Preheat the oven to 375 degrees F. In a large non-stick ovenproof skillet, add 2 tablespoons butter and melt over high heat. Season the pheasant with salt, pepper, and coriander. Add the pheasant skin side down, cooking until browned and well-seared, about 5 minutes. Turn over and transfer the pan to the lower rack of the oven. Cook until just about medium, about 6 to 8 minutes depending on the size of the pheasant breast. Carefully remove the hot pan from the oven. Allow to rest a couple of minutes before cutting.

In another large, non-stick, skillet heat 1 tablespoon of the butter over high heat. Add the Anjou pears cooking until they just begin to soften slightly, about 2 minutes. Add two tablespoons of the sugar cooking while occasionally stirring until browned on the edges, about 4 minutes. Remove the pears and keep warm.

To Serve: Position the rice pilaf mixture in a cylinder form in the center of each hot serving plate. Position the pear slices around the rice cylinder. Slice the pheasant on a bias to yield 4 or 6 thin broad slices. Stack the slices on top of the rice cylinder. Spoon the vanilla-ginger and red wine sauce artistically over and around the pheasant and on the plate. Sprinkle the dish with freshly ground black pepper and chives. Garnish with the vanilla bean and sprigs of chive over the pheasant. Serve immediately.

Yield: 4 to 6 servings

Prep Time: 40 minutes

Cook Time: 15 minutes

Pan-seared Pheasant with Roasted Brussels Sprouts, Barley, Candied Beets, and Beer-Carrot Emulsion

Beer-Carrot emulsion

2 carrots, peeled, chopped into ½ inch pieces

1 can light beer

1 teaspoon coriander

Salt and pepper to taste

Water to cover

3 tablespoons butter

In a small saucepan, add carrots, beer, coriander, salt and pepper. Add enough water to cover up the carrots by about 1 inch, cover. Boil until fork tender. Remove from heat, strain, reserving the liquid. In a blender, add carrots, butter and enough of the reserved liquid to blend into a thick puree, set aside.

Barley

Remaining liquid from above mixture

salt

1/2 cup barley

1 tablespoon whole coriander

1 teaspoon soybean oil

2 tablespoon Italian parsley, chopped

To the remaining liquid from carrots, add enough water to measure 1 cup, add to medium saucepan. Bring to a boil, add barley and a pinch of salt; reduce heat, cover. Simmer for 12 minutes or until tender and fluffy. Drain any of the remaining liquid. Add oil and parsley, mix. Keep warm.

Brussels Sprouts

4 Brussels Sprouts, trimmed, halved or quartered depending on size

3 tablespoon soybean oil

salt and pepper

In a small bowl, add all ingredients, toss together. Place mixture in a roasting pan, roast at 375 degrees F for 15-20 minutes or until crispy but still tender in the center.



Continued on next page.

Pan-seared Pheasant with Roasted Brussels

Sprouts, Barley, Candied Beets, and Beer-Carrot Emulsion continued...

Candied Beets

1 baby golden beet

1 baby red beet

3 tablespoon sugar, divided

2 tablespoon Champagne vinegar

Water

2 tablespoon butter, melted

In a small saucepan add baby beets, 1 ½ tablespoons sugar, vinegar and enough water to cover by 1 inch. Simmer for 30-40 minutes or until tender, drain, let cool; peel. In a sheet pan, lined with silicone mat, add beets. Lightly brush with butter and dust with remaining sugar. Place into 375 degrees F oven for 3-5 minutes until sugar caramelizes.

Pheasant breast

3 tablespoons soybean oil

2 MacFarlane pheasant breast packages, drained, and patted dry

2 tablespoons butter

1/2 can beer

In a hot skillet, add oil. Add pheasant, skin side down. Reduce heat to medium-high, cook for 3 minutes. Add butter, flip the breast over, add beer. Cook to internal temperature of 150 degrees F. Remove from heat, let rest for 3-5 minutes before slicing. Slice.

On 2 dinner plates, divide food evenly, drizzle with emulsion. Serve immediately.

Yield: 2 servings

Prep Time: 1 hour 30 minutes

Cook Time: 1 hour 30 minutes

By Chef Andrew Newberg of Taste To Go Catering, Des Moines, IA

Pheasant Braised with Mortadella and Mustard Greens

Chef Christopher Allen Tanner

1 MacFarlane pheasant split into 4 serving pieces
2 ounces Pancetta, diced medium
1 bulb Fennel, sliced thin
4 ounces Mortadella, diced large (available at Whole Foods)
8 ounces Chicken Stock
8 ounces Pinot Noir or other fruity red wine
8 ounces Tomato Puree
1 egg, poached soft
1 bunch Mustard Greens, stems removed
1 tablespoon distilled vinegar per quart of water
sea salt and fresh ground black pepper to taste

Directions:

Heat a large Dutch oven over medium heat, add pancetta and render until pancetta is crispy. Remove pancetta pieces leaving rendered fat in pan. Season the pheasant pieces with salt and pepper to taste, brown on each side in the Dutch oven until skin is crispy, approximately 4-5 minutes per side, remove from pan and set aside.

Add fennel and sauté until lightly caramelized. Add the mortadella, chicken stock, Pinot Noir, and tomato puree and return the pheasant pieces and pancetta to pot. Bring to a light boil, reduce heat to a simmer, cover and allow to cook for 20-25 minutes or until pheasant is cooked through and tender.

While the pheasant is cooking, prepare a small pot with water adding a tablespoon of distilled vinegar per quart of water. Bring the water to barely a simmer, add egg and poach until cooked to a soft stage, reserve cooked egg.

Add the mustard greens to the Dutch oven with the pheasant. Replace the cover and cook an additional 10 minutes or until greens are tender.

To plate, split the greens between four bowls, surround with mortadella and fennel pieces pouring broth into the bowls. Top the greens with the pheasant pieces and top the pheasant with the poached egg and garnish with fennel fronds.

Yields: 4 servings

Pheasant Breast with Orange Sauce

**2 packages MacFarlane split boneless
pheasant breast**
1 cup chopped shallots
1 32 ounce box low sodium chicken broth
3 cup orange juice
8 Earl Grey tea bags
2 tablespoons honey
10 tablespoons butter (divided)
salt and pepper
3 oranges



Directions:

For sauce: In a Dutch Oven or large saucepan, sauté the shallots in 2 tablespoons of butter for about 4 minutes. Add chicken broth and orange juice and bring to a boil. Tie the tea bags together and hang over side of pan into boiling liquids. Boil until reduced to about 2 cups. This will take about 20 minutes or more. Remove tea bags. Strain out the shallots if you prefer a smoother sauce. Add honey. You can make the sauce ahead and reheat. Add 6 tablespoons of butter gradually to the heated sauce and season with salt and pepper before using.

For the pheasant: Preheat oven to 375 degrees F. Slice oranges into 8 thick slices and place the slices in a shallow roasting pan. Melt 2 tablespoons butter in large skillet (iron skillet is best) and brown the breasts skin side down for about 5 minutes. Place browned pheasant onto orange slices and roast for about 10 minutes. Check for doneness and roast 2-3 minutes more if necessary. Serve pheasant on the orange slices, drizzling sauce over and serving extra sauce separately.

This recipe was adapted from a recipe in BonApetit Apr. 2000 as shown on Epicurious. It was originally for duck.

Yield: 8 servings

By Betty of New Hartford, CT

Pheasant Enchiladas

Ingredients:

**2-3 cups diced or chopped MacFarlane
cooked pheasant breast**

1 can cream of chicken soup

1 pint sour cream (NOT low fat)

1 can chopped green chilis

2 cups shredded cheddar cheese

2 cans enchilada sauce

1 cup shredded cheddar cheese

10 flour tortillas



Directions:

Mix the first group of ingredients. Pour 1 can of enchilada sauce into bottom of casserole dish- about 9x 13 inch size. Put the mixed ingredients into tortillas and roll up, place in dish. Pour another can of enchilada sauce over top and sprinkle with the shredded cheese. Cover with foil and bake at 350 degrees F for 30-40 min.

Yield: 5 servings

From Sioux Falls, S Dakota via Panache Acres, Janesville

Pheasant Fajita

2 MacFarlane pheasant breasts (sliced into strips)

1 yellow onion (sliced into strips)

3 bell peppers (red, yellow, green)

10 mushrooms (sliced)

sour cream

4 green onions (diced)

Cilantro (diced)

tortillas

butter

olive oil

peanut oil

salt

dried garlic

red pepper

Directions:

Place the pheasant strips in a bowl and add salt, dried garlic, and red pepper to taste. Allow the pheasant to rest at least 15 minutes.

Burn the bell peppers over the open flame on the stove until the peppers are totally black on the outside. Place the burned peppers in a paper bag to cool. Allow to cool for at least 15 minutes. Remove the peppers and peel their skins off. (The skins should just fall off the pepper). Slice the peppers into strips.

In separate skillets:

Sauté the sliced yellow onions until just barely brown

Sauté the mushrooms with a pad of butter until golden

Sauté the peppers with a little olive oil

In a wrought iron skillet, heat 2 tablespoons of peanut oil until hot. Slowly place a few of the strips of pheasant into the hot pan. Sear the pheasant on both sides and remove to a separate dish.

Continue with as many batches as it takes to cook all of the pheasant.

Place the tortillas, one at a time over an open flame on the stove. Slightly char each side and place between towels to keep warm.

Serve the pheasant, yellow onions, green onions, mushrooms, peppers, tortillas, sour cream in separate bowls. Garnish with cilantro.

Each person makes their own fajitas.



Pheasant Halves in Mushroom Cream

2 tablespoons flour
sea salt – to taste
fresh ground pepper to taste
paprika
4 MacFarlane pheasant half birds
1 stick butter
½ cup white wine
2 cloves garlic finely diced
2 large shallots finely diced
½ cup finely diced celery
2 cups sour cream
2-3 tablespoons lemon juice
½ cup sliced mushrooms (button or baby bellas)
½ cup chopped olives with pimentos

Directions:

Melt butter in sauté pan, mix flour, salt, pepper and paprika and dredge pheasant halves in flour. Place halves into melted butter and brown pheasant on both sides, remove to casserole pan and lay flat. Use wine to deglaze pan then add garlic, shallots and celery, sauté for 2-3 min. Add remaining ingredients and mix thoroughly. Pour sauce over pheasant halves, cover and bake in oven at 325 degrees F for 1.5-2 hours until tender.

Serve with steamed bussels sprouts and wild rice blend.

Pheasant Jus

¼ cup olive oil
6 ounces MacFarlane Pheasant pieces
1 tablespoon salt
½ tablespoon fresh ground black pepper
1/2 onion, large dice
1 carrot, large dice
1 celery stalk, large dice
3 garlic cloves, crushed
1 cup white wine
1 bay leaf, fresh
2 sprigs fresh thyme
2 quarts pheasant stock



Directions:

In a stock pot, warm the olive oil. When the oil begins to smoke, add the meat trim and allow to caramelize. Add salt and pepper. Add onion, carrot, celery and garlic, and continue to cook until they are tender and lightly caramelized. Deglaze with white wine. Add bay leaf, thyme and the pheasant stock, bring to a boil. Reduce heat and simmer for 1 hour. Strain, reserve until serving.

Yield: 6 servings

Prep Time: 20 minutes

Cook Time: 1 hour

By: Mark Purdy

Pheasant Pot Pie

1 stick (1/4 pound) butter
olive oil
2 MacFarlane pheasant breasts cut into small pieces (or one pheasant boned out)
1 cup diced carrots – finely diced
1 cup of frozen whole peas
1 small onion , diced
1 cup thinly sliced celery (1-2 stalks)
1 cup sliced mushrooms
1 medium potato, diced fine
1 cup asparagus sliced in 1-inch pieces
1 cup flour
1 cup Chardonnay wine
Up to 8 cups chicken stock
Prepared pie crust
1 tablespoon minced parsley for garnish
1 egg beaten plus 2 tablespoon water for egg wash
salt/pepper to taste



Directions:

Melt butter in sauté pan, adding a bit of olive oil to prevent burning, then add the pheasant pieces and quickly brown them. Then add all of the vegetables, cooking them for several minutes while frequently stirring. Sprinkle the flour over the top, fold it into the pheasant and veggies, then add the Chardonnay* and chicken stock, two cups at a time, to achieve the consistency you want. (Less if you want a thicker consistency, more if you want a thinner consistency). Bring to a boil.

Then place it all in a casserole dish, covering it with pie crust, sealing off all the edges as you would in baking a pie. Brush crust with a slightly beaten egg wash, then place in a 350 degrees F oven and bake for about 30-minutes or until the crust turns golden brown.

You can also make the filling (without potatoes) and freeze. Then thaw it out, cook the potatoes and add to the warmed mix then top with crust as described below. *Any lightly flavored white wine can be substituted for the Chardonnay. To make the pie more savory, use 1 cup cooked wild rice instead of potatoes.

Pheasant Sweet-Potato Pie

2 large sweet potatoes
4 strips bacon (cut into 1/2 inch pieces)
1 pound de-boned MacFarlane pheasant breast (cubed and tenderized)
salt and pepper
1 white onion (diced)
2 large carrots (grated)
2 large stalks celery (thinly sliced)
2 tablespoons butter
2 tablespoons flour
1/2 cup green peas
2 cups chicken broth
2 cups grated cheddar cheese

Directions:

Preheat oven to 375 degrees F. In a 2 quart sauce pan, boil sweet potatoes. Mash the potatoes and return into warm pan. At the same time, in a large dutch oven over high heat, fry the bacon pieces, remove the bacon and set aside. Place pheasant cubes into the pot and brown, add salt and pepper to taste. Stir in onion, carrots, & celery. While the vegetables are cooking, melt the butter and whisk in the flour & broth, boil to thicken and add broth mix into pheasant and vegetables. Add green peas and bacon bits, careful not to mash the peas while mixing. Cover the pheasant mix with mashed sweet potatoes, and cover the sweet potatoes with cheddar cheese. Bake in oven uncovered for 15 to 20 minutes.

By: Joe Tegethoff

Pheasant Under Glass

1 whole large MacFarlane pheasant breast, split, boneless
2 tablespoons freshly squeezed lemon juice-divided
½ teaspoon freshly ground black pepper
2 tablespoons unsalted butter-divided
6 dried morel mushrooms, brushed off
2 large shallots, peeled & chopped
2 large button mushrooms, wiped clean, trimmed, thinly sliced
2 tablespoons brandy
1/3 cup dry white wine
1/3 cup heavy cream
1 ½ teaspoon chicken demi-glace
pinch cayenne pepper

Directions:

Flatten pheasant breasts slightly with a mallet or rolling pin, and then rub with 1 tablespoon of lemon juice and season with black pepper. Melt 1 tablespoon butter over med high heat in 9 in skillet. When butter foams, sear the pheasant skin side down for about 5 min per side. Remove to plate, cover and keep warm. Steep the dried morels in ½ cup hot water for about 5 min; drain and strain reserving soaking liquid. Discard stems and thinly slice caps. Melt the remaining butter in skillet and sauté shallots for about 2 minutes until golden. Add morels and button mushrooms, sautéing for 1 minute. Remove to a bowl, cover and keep warm. Boil the reserved soaking liquid, brandy, and white wine until reduced by about half. Then whisk in demi-glace and cream, returning to boil for 1 minute or until sauce is thickened and smooth.

Place each pheasant breast on warmed plate, skin side up and top with half mushroom mix and then sauce. The ideal cover is a glass cover to display and place in front of your guest(s). Once seated, lift the cover and fan essence towards them to take in the full impact of the aroma of this wonderful dish.

Originally published with Food; You Elegant Fowl, by Jonathan Reynolds, 1/21/01

Pheasant Wellington with Roth Käse Gruyère Cheese

4 boneless MacFarlane pheasant breasts (4-6 ounce breast), skin on
salt and pepper to taste
1 fluid ounce clarified butter (or pure olive oil for searing)
1 ½ ounce minced shallot (1 large shallot)
1 minced garlic clove
4 ounce of minced oyster, crimini, shiitake, or wild mushroom of choice
1 ounce Cognac or Brandy
1 teaspoon minced thyme
1 teaspoon minced sage
½ teaspoon minced rosemary
¾ cup small diced Gruyere cheese
¼ cup toasted chopped walnuts
4 slices smoked bacon (blanched in boiling water for 45 seconds)
4 sheets of puff pastry (6X6 inch squares)
1 egg beaten for brushing pastry sheets

Directions:

Season breasts with salt and pepper and sear well in a pan with the clarified butter, remove to a plate and let cool. In the hot pan sauté the shallots until golden and then add the garlic and mushrooms and cook until dry. Deglaze with the liquor along with any juices that come from the seared breasts and reduce until no steam rises from mixture. Turn off heat and allow to slightly cool. Add the chopped herbs, cheese, chopped walnuts and stir to incorporate mixture evenly. The texture should be of a stuffing consistency.

Stuff 1/4 of mixture under the skin of each cooled breast and wrap each stuffed breast with a slice of the blanched bacon. Roll thawed puff pastry to a square large enough to completely cover the breast, wrap, pinching the edges together, moisten with water if necessary.*

Place the wrapped pheasant breasts onto a half sheet pan lined with parchment paper. Brush top with the beaten egg. Bake at 425 degrees F for 12-15 minutes or until golden brown. Remove from the oven and let stand for 10 minutes prior to serving.

Recommended sauces: Fruit preserves of any kind cut with a rich hen broth and finished with a touch of whole butter. *Any excess dough can be cut with decorative cutters and layered on top for garnish.

Pheasant with Mushrooms

4 MacFarlane Pheasant Breasts

2 pounds of mushrooms

1 red bell pepper

1-1/2 sticks butter

10 ounces bottle Heinz 57 sauce

1 pint heavy cream

Directions:

Use 2 to 4 quart casserole dish. Layer pheasant breasts with mushroom slices. In a sauce pan, melt butter, add Heinz 57 sauce, then add heavy cream and simmer for approximately 10 minutes. Pour over pheasant and mushrooms. Top with slices of red pepper. Cook at 350 degrees F for 2 hours. Serve over rice.

Prep Time: 15 minutes

Cook Time: 2 hours



Raschell's Pheasant

4 tablespoons butter
4 tablespoons vegetable shortening
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon seasoning salt
1/4 teaspoon freshly ground black pepper
2 MacFarlane pheasants, meat removed from bone
and cut into pieces
1/4 cup flour
2 garlic cloves, minced
1 cup mushrooms, sliced
1/2 cup black olives, sliced
1 cup sweet dessert wine like Muscat or Muscatel
1 onion, chopped
1 tablespoon white sugar
1 can chicken stock or broth

Directions:

In a large heavy skillet, preheat the shortening and butter on medium-high heat. In a bowl, add the flour with the garlic powder and onion powder, seasoning salt and pepper. Roll the pheasant pieces into the seasoned flour and place slowly in the hot pan. Fry until light golden brown.

Lightly spray a slow cooker crock with vegetable oil and set the heat to low, and add the browned pheasant pieces. In the heavy skillet that the pheasant was browned in, add the garlic, mushrooms, black olives, wine, onions, sugar, and broth. Heat until it starts to bubble and cook for a few minutes. Pour this sauce over the pheasant in the slow cooker.

Cook for 6 to 8 hours. If you wish, you may bake this in the oven on 325 degrees F for 1-1/2 hours.

Serve over cooked rice or buttered pasta.

Recipe courtesy of www.misshomemade.com

Roasted Pheasant with Celery/ Chestnut Stuffing

For Pheasant:

1 whole MacFarlane pheasant
salt and pepper to taste
2 tablespoons vegetable oil

Season pheasant with salt and pepper and sear the bird in a hot pan with 2 tablespoons vegetable oil, turn bird on all sides to sear evenly. Place bird in a 350 degree F oven for about 20 min, to check make a small cut in thigh meat and juices should run out clear not red, let bird rest before cutting. Cut the legs and thigh off and pick the meat from the bones, reserve. Carve the breasts off the bone and reserve.

Stuffing:

1 ounce olive oil
1 tablespoon onion, chopped fine
1 tablespoon celery, chopped fine
¼ teaspoon garlic, minced
2 tablespoons chestnuts, frozen is ok, chopped fine
1 ½ cups breadcrumbs, course, dried
2 ounces butter, whole
2 cups chicken stock
1 pieces thyme, fresh, picked from stem
1 pieces sage, fresh, chopped
1 teaspoon parsley, chopped
salt and pepper to taste

In a small pot heat oil and add onion, celery and garlic and sauté for 5 min on med heat. Add chestnuts, breadcrumbs, butter and chicken stock and cook all together. Finish with picked leg and thigh meat, thyme, sage, parsley and salt and pepper.

2 cups celery chestnut stuffing, see recipe
12 pieces brussel sprouts, boiled in salted water till tender, quartered
2 ounces diced bacon

To Serve: Spoon the stuffing onto two plates, use a ring mold if you want to make a nice presentation. Slice the pheasant breasts and arrange on top of stuffing. In a hot sauté pan add bacon and cook until crispy, add cooked brussel sprouts, salt and pepper and spoon over pheasant.

Yield: 2 servings

Roast Pheasant

1 MacFarlane pheasant (2-2.5 pounds)

1 tablespoon olive oil

1 small lemon

1 small onion

4 peppercorns

¼ teaspoon salt

1 cup chicken stock

Directions:

Remove inside and neck from bird. Rinse bird well in cold water. Rub salt in cavity and stuff cavity with peppercorns, lemon and onions. 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 F for 3 hours. Test for doneness by placing meat thermometer in the thickest part of the breast. Birds should be cooked to 180 degrees F temperature.

Chef notes:

Pheasants are low in fat. It is important to roast at a low temperature. Cover tightly. Do not cut lemons, as the white membrane will make the stock bitter. 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.

Cook Time: 3 hours

Prep Time: 10 minutes



Roasted Pheasant Breast with Scottish Oatcakes and Pomegranate Reduction

4 MacFarlane pheasant breasts

4 garlic cloves

4 thyme sprigs

1 small shallot

4 tablespoons duck fat

salt and pepper

Oatcakes

1 cup Scottish oatmeal cooked and cooled

2 ounces chopped dried cranberries

¼ ounce Foie gras

1 large russet potato baked and smashed

Directions:

Set oven at 375 degrees F. Warm large sauté pan with medium heat with duck fat, garlic, thyme and shallot. Season pheasant breasts and place skin side down. Place in oven for 8-10 minutes or until juices run clear. Mix oatcake ingredients and form into cakes about 3 inches around 1 ½ inch thick. Roll cakes in dry Scottish oatmeal. When pheasant breasts are done set them aside to rest. Use the duck fat from the pan to sear the oatcakes until golden brown. Serve with reduction and seasonal vegetables.

Pomegranate Reduction

2 cups glace de canard

2 ounces pomegranate concentrate

1 ounces pomegranate syrup

Directions:

Bring the ingredients to a boil over high heat. Reduce heat to medium low, and let simmer until the liquid has reduced to half of the original volume.

By: John Walt

Roast Pheasant with Pancetta, White Wine & Rosemary

4 sprigs rosemary
1 lemon, zested, then sliced
1 MacFarlane pheasant, 2-2.5 pounds
extra virgin olive oil
salt & pepper
4 slices pancetta
(fatty bacon if you don't have pancetta)
 $\frac{3}{4}$ - 1 cup white wine
(preferably a fruity/buttery wine)



Directions:

Preheat oven to 350 degrees F; prepare pheasant for oven by cleaning the cavity, then salting and peppering. Add several lemon slices and 2-3 sprigs of rosemary. Mix extra virgin olive oil, remaining rosemary and lemon zest and brush over pheasant breast and back. Place pheasant in Dutch oven topping with more salt and pepper then pancetta. Pour wine into pan and place in oven, basting bird every 15-20 minutes, for 1 hour. After 1 hour, turn heat down to 300 degrees F and continue cooking until juices run clear, about another 15-30 minutes, or an internal temp of at least 165 degrees F is reached. Remove from oven and set on a warm plate (covered) and rest for 10 minutes before serving.

Options:

Use a sweet red wine (such as Lumbrusco or Marsala) and add mushrooms or olives to the cavity. To make a richer sauce, add heavy cream to wine and reduce by half before serving.

Sherried Pheasant and Raspberry Salad

salad

olive oil

salt and pepper

4-6 MacFarlane pheasant breasts

1/4 cup dry sherry

garden lettuce, trimmed and cleaned

raspberries

vinaigrette (below)



Directions:

Heat olive oil in a large saucepan over medium high heat. Season pheasant with salt and pepper. Place pheasant in hot oil, cover, and cook until cooked through, turning once midway in cooking (about 6-8 minutes total). Uncover and pour sherry over pheasant in hot pan; most of it should bubble away, leaving a bit of sauce. Remove from heat, slice pheasant and set aside.

Assemble salads of lettuce, pheasant and raspberries, drizzled with vinaigrette.

Salad Dressing - Vinaigrette

Have a little jar and some oil and vinegar on hand? Then you have instant salad dressing, my friend. Actually, this is a vinaigrette, but let's forgo the tiny naming details, shall we? And please experiment with different quantities and types of oils and vinegars - walnut oil takes this simple dressing into another dimension.

3 tablespoons extra virgin olive oil

1 tablespoon white wine vinegar

optional add-ins: fresh black pepper; pinch of salt;

**1/4 teaspoon Dijon mustard; a small spoonful of mayo, sour cream,
greek yogurt, or cream;**

a small pinch of sugar;

chopped herbs (fresh or dried)

Directions

Add everything to a small jar, tighten the lid, and shake until mixed thoroughly.

Reprinted with permission from Rhubarb & Venison Blogspot. Beth S.

Smothered Pheasant

- 1 MacFarlane pheasant breast**
- 1 Tbsp butter**
- 1 medium onion**
- 2 to 3 large garlic cloves**
- 1 C sherry cooking wine**
- ½ C olive oil**
- 1 lemon (squeezed juice)**
- ½ tsp thyme**
- ½ tsp marjoram**
- salt and pepper to taste**
- 1 can ro-tel (original)**
- 1 green bell peppers and/or banana peppers, sliced**
- 1 cup crushed tomatoes**



Directions:

Cut pheasant breast in two pieces, disjoint legs and wings, so there are eight pieces (including the breast) Brown pheasant in a little butter in large deep skillet. Remove pheasant and set aside. Chop one medium onion fine, two or three large cloves of garlic, chopped fine and sauté in same skillet. Add to the sautéed onion and garlic one cup sherry cooking wine and half cup olive oil, and juice from half an lemon. Add ½ teaspoon thyme, 1/2 teaspoon marjoram, salt and pepper, one can ro-tel (original), the sliced pepper, and 1 cup crushed tomatoes. Replace pheasant into the skillet (making sure all pieces are turned and coated in the mixture) reduce the heat to a simmer and cook covered approx one hour.

Check occasionally and turn the pieces when needed. Heat crushed tomatoes, and add peppers. Just before the pheasant is finished, prepare the pasta (I prefer spaghetti) so it is done about the same time the pheasant is finished.

When the pheasant is finished, remove to a warm plate, and place the cooked pasta in the skillet and coat well with the sauce. This is a recipe that works well on all small game and upland game.

WWII Pheasant Canteen, Pheasant Sandwiches/ Pheasant Salad

**3 cups cooked MacFarlane pheasant
chopped fine
2 hard cooked eggs-chopped fine
2 carrots grated
1/2 medium onion finely chopped
1/2 cups finely chopped celery
2 teaspoons sweet pickle relish
salt and pepper
mayonnaise or salad dressing to blend nicely**

Directions:

Mix all ingredients together.
Add dressing to taste, chill.
Spread on sandwich bread.





Soups

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Hungarian Style Pheasant Stew

1 pack MacFarlane pheasant boneless breast cut in thin slices (1-1.25 pounds)

¼ cup flour

olive oil

Sauce:

1½ cups chopped onion

2 cloves (or more) garlic

1 cup chopped sweet peppers

4 tablespoons paprika

Approximately 1 cup stock (water, V8 juice and chicken bouillon)

salt and fresh-ground pepper to taste

Directions:

Lightly pound the pheasant with a meat hammer. Dredge in flour and lightly fry in olive oil. Toss slices in big pot. Sauté the chopped onions, garlic and sweet peppers. Mix in the paprika and sauté it until the red color dulls, but don't burn it. Add the stock, and season with the salt and pepper. When this mixture boils, pour it over the meat slices in the big pot. Heat the pot to a low simmer (meat should reach only about 160 degrees F) and then turn off. Serve over wide egg noodles.

Chunky Pheasant and Bean Soup

**2/3 cup dried pinto or borlotti beans,
soaked overnight**
2 tablespoon olive oil
1 onion, peeled and finely chopped
2 sticks celery, finely chopped
1 large carrot, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
1 small glass white wine
**cooked MacFarlane pheasant meat,
roughly chopped or shredded (about 1 C)**
2 1/3 cups stock (chicken, game or vegetable) and/or cooking juices from the pheasant
1 bay leaf
1 sprig thyme (optional)
salt and ground black pepper
extra virgin olive oil



Directions:

Drain the beans. Put them in a pan, cover with water, bring up to a boil, turn down the heat and simmer until tender - around an hour, but it will depend on the variety and freshness of the beans. Drain and set aside.

Heat the olive oil in a large, heavy-based pan. Add the onion, celery, carrot and garlic, and sweat down until soft - 10-12 minutes. Add the wine and simmer until reduced by about half. Add the cooked beans, the pheasant, the stock and herbs, bring to a simmer and cook for 10-20 minutes, just to help the beans absorb the flavours.

Remove the bay leaf and thyme, if using. You now need partially to blend the soup so it thickens up but remains nice and chunky. The easiest way to do this is to plunge a stick blender into the pot and give a few blitzes. Alternatively, take out a couple of mugfuls of the soup, blend in a processor and return to the pan. Failing that, just mash the beans a bit with a potato masher. Season well and serve, piping hot, with a generous slosh of very good olive oil on top and some bread.

Yield: 2-3 Servings

Pheasant Soup Recipe

Order PHEASANT
ONLINE

12 – 15 MacFarlane pheasant legs (or 2 -3 breasts)

1 medium sized onion chopped

1 cup mushrooms chopped

1 – 2 cups carrots chopped

1 -2 cups celery chopped

2 – 3 tablespoons fresh parsley chopped

1 potato peeled and sliced

½ box spaghetti noodles or egg noodles

3 – 4 chicken bouillon cubes

1 can chicken broth Water

Directions:

Boil legs for about an hour or so until meat peels from bones. Pick meat from bones and set aside. Discard water/bones/etc... (If using breast, cook in a frying pan with some water with lid on for 10 to 15 minutes or so until cooked through. Then cut up into small chunks) Place everything except noodles into crock pot. Add water until covers everything. Add more to make it as watery as you like. Cook 6 to 8 hours on low in crock pot -1/2 hour before done, add noodles and serve.

By: Paul Stengel

Spicy Almond Pheasant Soup

6 tablespoons butter
1/3 cups chopped onion
1 teaspoon fresh ginger
¾ cup toasted slivered almonds finely ground
1 teaspoon salt
½ teaspoon Pepper
1-2 teaspoon jalapenos from a jar
2 carrots, sliced
½ cup frozen peas
1 cup MacFarlane pheasant breast cubed
2 cup pheasant broth or chicken broth
1 cup half and half
sprigs of fresh parsley
crusty bread

Directions:

Melt the butter in Dutch oven over medium high heat. Add the onion and ginger root, sauté until tender. Lower the heat and add the almonds, salt, pepper, jalapeño, carrots, peas and pheasant. Fry for about 10 minutes until the pheasant is cooked, stirring constantly. Remove from heat and let cool slightly. Transfer to food processor or blender and process for 1-2 minutes. Pour the broth through the feed tube and blend 30 seconds longer. Pour soup back in to Dutch oven and bring to a rolling boil. Off the heat, add the cream. Over low heat, warm soup again, stirring occasionally and serve with crusty bread and garnish with sprigs of parsley.

The Wellbeing Kitchen, By Lisa Erickson



Salads

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French Pheasant Salad

6-8 boneless MacFarlane pheasant breasts

Herbs de Provencal

garlic powder

fresh ground black pepper

1 pound Mascarpone Cheese at room temp

12 ounces Crumbled Buttermilk Blue Cheese

1 cup roughly chopped walnuts

2 cups WI sweetened dried cranberries

1 tablespoon minced garlic

1 teaspoon seasoned salt

2 cups Green Grapes, halved

Directions:

Light the charcoal or gas grill; bring to medium high temperature. Lay out MacFarlane pheasant breasts on platter; liberally apply Herbs de Provencal, garlic powder and black pepper, allowing to rest for about 10 minutes before grilling. Once grilled, cool breast meat, remove and discard skin, then roughly chop. In a large mixing bowl, combine cheeses, walnuts & cranberries, seasoning to taste. Add cooled, chopped pheasant and mix thoroughly. Just prior to serving, fold in grapes. This recipe blossoms with a day or two in the refrigerator; bring to room temperature prior to serving.

Serving option:

Omit grapes and serve in phyllo cups as an appetizer.

This recipe is written for restaurants for a group of 15-20 people as an appetizer.

Please modify if your group is smaller.

Yield: 10-15 servings

Recipe courtesy of Chef Yoinai DeKunze

Asian Pheasant Salad

Dressing Ingredients:

2 tablespoon brown sugar
2 teaspoon soy sauce
1 tablespoon sesame or olive oil
1/4 cup vegetable oil
3 tablespoons white or rice vinegar

Pheasant:

1 ½ pounds MacFarlane Pheasant breast strips
garlic powder
salt and pepper to taste
2 tablespoons olive oil
1 head lettuce, shredded
3 green onions, chopped
1 tablespoons toasted sesame seeds
1-5 ounces package chow mein noodles

Directions:

Dressing:

In a small mixing bowl, add all dressing ingredients and mix together. Allow flavors to blend 30 minutes before serving.

Pheasant:

In a medium mixing bowl add pheasant. Sprinkle garlic powder, salt and pepper over both sides of pheasant strips and let stand for 10 to 15 minutes. In a medium fry pan, over medium heat, add olive oil, heat. Add pheasant, cook each side for 5 to 7 minutes. Be careful not to overcook. Remove pheasant from heat, cover to keep moist until serving.

In a medium mixing bowl, add lettuce and onions, mix together. Divide lettuce mixture evenly on 4 dinner plates, top each plate with several strips of pheasant, chow mein noodles and evenly drizzle with dressing. For added flavor, add chopped red cabbage, slivered almonds or mandarin oranges.

Yield: 4 servings



Pheasant Salad with Fennel

1 whole MacFarlane pheasant
1 quart pheasant, turkey or chicken broth
1 medium fennel bulb, chopped
2 teaspoons fennel pollen
1-2 tablespoons green fennel seeds (optional)
1 tablespoon mint leaves, chopped
1 small, red hot chile, minced
zest and juice of a lemon
1/4 cup good olive oil
salt and black pepper to taste



Directions:

Bring the broth to a simmer in a lidded pot. Turn the heat off and drop the pheasant breasts in. Make sure they are submerged. Cover the pot.

Meanwhile, chop the fennel bulb into pieces you would want to eat, roughly the size of a thumbnail. Add all the remaining ingredients and set aside.

The pheasant breasts should be fully cooked in 20 minutes. (Save the broth for soup or something else. It will keep in the fridge a week or so.) When the pheasant is cool enough to handle, shred it into pieces with your hands.

Mix everything together and let this sit, covered, at room temperature for an hour or so before eating. You can also store it overnight in the fridge.

Yield: 2 servings

Prep Time: 15 minutes

Cook time: 20 minutes

Pheasant Cooking FAQs

Q: Is it hard to prepare?

No, the trick to cooking pheasant is to cook it at a lower heat at a longer amount of time. Cooking it slowly will prevent the pheasant from drying out. Coating the pheasant with butter or olive oil will also help keep the moisture in the bird. Cooking the pheasant in a crock pot is also an easy way to maintain the moisture and flavor. Many people are also using bags for roasting the pheasant.

Q: What is the proper way to defrost pheasant?

The proper way to defrost is to refrigerate for 24 hours or until completely thawed. If you need to defrost it quickly, we recommend submerging the bird in a tub of hot water.

Q: What is the best way to store pheasant?

The best way to store pheasant is to freeze the bird.

Q: How long will thawed pheasant last in the refrigerator?

We recommend cooking the pheasant within 24 hours after the bird is completely thawed.

Q: Can I freeze fresh pheasant products?

Yes, simply put the fresh pheasant products in your freezer. When you would like to use the product, pull it out of the freezer and transfer it to your refrigerator to thaw the product.

Q: Can I cook two whole birds at the same time?

Are the cooking instructions the same?

Yes, you can make the pheasants at the same time. Make sure you have plenty of extra fat on each bird to contain the moisture of the bird.

Q: Can I cook a whole pheasant with stuffing?

Absolutely, stuffing adds extra flavor to the pheasant. We recommend rice, vegetables and a blend of herbs to give the pheasant a tastier flavor!

Pheasant Cooking FAQs

Q: What do I do with the giblets from a whole pheasant?

We have used the cut up giblets in the stuffing or gravy, they are edible and can be boiled and eaten as well. Many people simply discard the giblets.

Q: How do I get crispy skin when preparing a whole pheasant?

Coating the bird with butter will help create a brown, crisp skin. Feel free to use as much butter as you would like, as it will add to the moisture of the bird.

Q: Can I make a whole pheasant on a rotisserie?

Yes, you can cook the pheasant in the rotisserie but remember to cook it on a low heat for a longer time so the bird does not dry out. Also coat your bird with some extra fat, whether it is olive oil or butter.

Miscellaneous Pheasant FAQs

Q: How nutritional is pheasant? Is it healthy to eat?

Yes, pheasant is healthy to eat. When compared with chicken, domestic turkey or beef, pheasant is lower in total fat, saturated fat and cholesterol..

Q: Is there any MSG in MacFarlane Pheasant products?

There is no MSG in any of our MacFarlane Pheasant products.

Q: What are your pheasants fed?

Our pheasants are fed natural grains.

Q: Do you give your pheasants hormones?

Our feed is made up of natural grains; there are no antibiotics, hormones or animal by-products. We do not inject with water or flavor enhancers.

MacFarlane Pheasants Features

Free Range Pens and Barns

WHOLE PHEASANTS

FROZEN- Sizes range from 1.5 lbs. to 4.5 lbs.

HICKORY SMOKED- Sizes range from 1.5 lbs. to 3.5 lbs.

PHEASANT BREAST MEAT

WHOLE CUT- Sizes range from 10 oz. to 20 oz.

SPLIT CUT- Sizes range from 4 oz. to 12oz.

Breast meat is cut into either boneless portions or airline breast, with the wing drummette the only bone in this product. Custom cuts are available with 5 days minimum notice. Please have fresh breast meat orders to your distributor the 2 days prior to needing it to allow us time to cut and ship your order.

BY-PRODUCTS

Our by-products include: bones for stock, leg quarters, skin on boneless thigh and skinless boneless thigh. Bones are primarily made up of drumsticks, wing tips and thigh bones.

Nutrition Facts

With no more than 3% retained water from initial processing, we deliver pure flavor - no injected water or flavor enhancers. Our feed is made up of natural grains - no antibiotics, growth hormones or animal by-products.

	PROTEIN gm/100gm	FAT gm/100gm	CALORIES kCal/100gm	CHOLESTEROL mg/100gm
PHEASANT (27)	25.7	0.6	149	49
CHICKEN (10)	23.6	0.7	140	58
TURKEY* (24)	23.5	1.5	146	60
MALLARD (15)	23.2	2.0	154	143
BEEF, LEAN (20)	22.7	2.7	158	69

Analysis of the composition of muscle from game species and domestic meat sources, Prof. Martin Marchello, North Dakota State University, Dept. of Animal and Range Science. Data compiled by Dennis Buggs, Extension Meat Specialist, University of Wisconsin-Madison. *Domestic Turkey. Number of samples in parenthesis.

Order Pheasant Online

Phone and Website

800-345-8348 or 608-757-7881
www.pheasantfordinner.com

On-Farm Retail Store

2821 South U.S. Hwy 51, Janesville, WI USA 53546

Directions: From I-39 take exit 177 to Hwy 11 west and turn N. on to Hwy 51 (2 miles) arriving at MacFarlane Pheasants.

info@pheasantfordinner.com

Retail and Store Hours-Give Us a Call

Monday – Friday: 8 a.m. - 4:30 p.m.
Saturday 10 a.m. - 3 p.m.

