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Wild Country Cuisine: Pheasants

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June 1974



Wild country cuisine

Pheasants

South Dakota State University
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Wild country cuisine

Pheasants

South Dakota Pheasants, Good Eating

South Dakota is a hunter's paradise, and the ring-necked pheasant is the king of its game birds. To help you better enjoy the results of your hunting, several areas of concern were investigated in relation to dressing and storing pheasants, differences in wild or farm-raised birds and new uses for the meat.

Field Care, Dressing and Frozen Storage

Commonly, recommendations for care of the pheasant have been to get them field dressed and cooled as soon as possible after being

By Dorothy Deethardt and Rena Wills

shot. Most hunters prefer to skin the birds rather than pluck them, although more of the flavor and juiciness may be retained if the skin is left intact during cooking.

Preliminary studies in the Food Research Laboratory of the Department of Home Economics at South Dakota State University, indicated that birds that had been in frozen storage without any cleaning or further care yielded very acceptable meat, especially excellent in flavor and tenderness. From these experiences further work was done with pheasants obtained from the department of Wildlife and Fisheries Science. Some were shot, like field-hunted birds, and some were killed by decapitation. Half of the birds from each killing method were field-dressed or eviscerated. Each lot was again divided by half into skinned and not-skinned (feathers on) and the birds were wrapped and held in frozen storage for eight months.

The birds were defrosted and cooked under controlled conditions. Those that needed skin-

ning or eviscerating were processed prior to cooking. Roasting was done in an aluminum foil covered loaf pan in a moderate oven (350°F, 177°C) to an internal temperature of 180°F (82-83°C) measured with a thermocouple inserted into the breast muscles. Cooking losses were determined.

Breast and thigh meat from the left side was used for subjective evaluation by a six-member taste panel. They scored the meat samples for appearance, aroma, flavor, tenderness and juiciness. The meat from the right side was used for objective measurements of tenderness and juiciness.

The total cooking losses were greatest for the birds that had been shot and eviscerated before storage, with dripping losses in the same proportions. The taste panel found no significant differences in flavor of the birds regardless of the method of killing and cleaning. However, there were significant differences in appearance, aroma, tenderness and juiciness between the shot and decapitated birds. The shot birds scored lower for all areas of evaluation for both the breast and thigh muscles.

The objective measurements for extractable juices indicated that shot birds had less moisture in both the breast and thigh and were slightly less tender than the decapitated birds. The skinned, not-eviscerated birds yielded thigh meat that was less juicy than the breast meat.

To determine the safety of the meat when the entrails are left in, a microbiological examination was made of the bacteria present in the body cavity. A heavier bacterial count was noted in the decapitated birds regardless of the other dressing variables, but nothing that would constitute a serious hazard if the meat

was adequately cooked. These findings appear to refute the commonly held supposition that bacterial contamination is greater in birds which are shot compared to those which are killed by conventional slaughter procedures used for poultry. Of course, improper handling or contamination between kill and storage may alter the conditions described above.

The hunting and shooting of pheasants apparently changes some of the eating qualities of the meat such as juiciness and tenderness, but flavor remains the same regardless of the way the birds were killed, dressed and stored. With sufficient cooking the meat is safe from bacterial organisms unless contaminated from outside sources.

Wild or Farm-Raised Pheasants

The interest in farm-raised or battery-fed pheasants has raised the question of whether there is a difference in farm-raised birds and those grown in the wild. Chances are you would probably have difficulty in spotting any difference.

A research project was developed using both wild and farm-raised pheasant. Wild pheasant cocks were obtained by personnel of the Wildlife and Fisheries Science Department of South Dakota State University and farm-raised pheasant cocks were purchased from a South Dakota Pheasant farm¹. Ages of the birds were unknown. The birds were eviscerated,

¹Ring Neck Ranch, Frederick, South Dakota

skinned and roasted in shallow pans in a 350°F (177°C) oven to an internal temperature of 180°F (82°C) in the breast. The surface of the birds was brushed with cooking oil at fifteen minute intervals during roasting. Cooking losses and drip losses were determined by weight.

There was little difference in total cooking losses or cooking time in minutes per pound for the two types of birds. The left breast and thigh portions were used for objective measurements for tenderness and extractable fluids. The breast of the wild bird yielded a greater percentage of edible meat, was less tender and juicy than the farm-raised pheasant by objective measurements.

Taste panel evaluations were made using samples from the right breast and thigh of each carcass. Paired comparisons were made for juiciness, tenderness, flavor and preference. The taste panel indicated similar evaluations for the breast meat and even fewer differences in the thigh meat. The farm-raised bird was much lighter in color, making it necessary to blindfold the panelists. However, they could still identify the wild pheasant by texture. Little flavor difference was indicated in either the breast or thigh meat of farm-raised and wild pheasant.

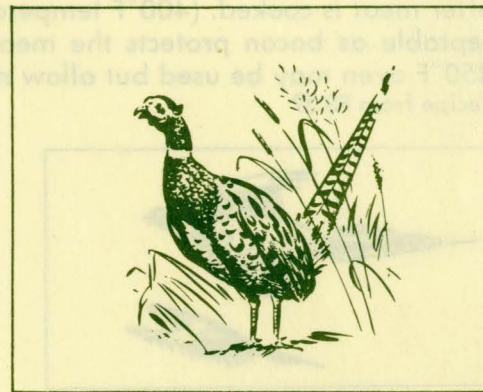
Marinades

A marinade is a brine or pickle solution flavored with spices and herbs, in which meat is placed before cooking. Use of marinades on game meats is thought to reduce the so-called gamey flavor of the meats and to soften the muscle fibers for a more tender meat. Marinating time will be affected by the size of the piece and texture of the meat.

Half carcasses were marinated for one hour or overnight in each of four simple marinades: salt water (tbsp/qt), skimmed milk or 2% milk, apple cider, and french dressing. One hour marinating did not improve the acceptability of the meat over the control half of the carcass. Overnight marinating did improve flavor, but had little or no-effect on the other palatability factors. Salt water and skimmed milk were preferred over the other marinades.

Recipes

Recipes for cooking pheasant may be simple or elaborate. Pheasant meat has a delicate flavor that can easily be hidden by too much or too many seasonings. Generally allow one pheasant for two people, however a larger bird may serve three people. The following recipes include simple ideas and some unusual dishes.



Roast

Most hunters skin the birds so the flesh must be protected during oven roasting. Young birds usually are best for roasting.

Roast Pheasant

1 young pheasant
salt
8 slices salt pork or bacon
 $\frac{1}{4}$ c. oil

Rub cavity of pheasant with salt. Smoked salt may be used with bacon slices if desired. Shape or plump bird. Stuff with favorite dressing if desired. Completely cover breast and all meaty portions with strips of salt pork or bacon. Tie in place. Place bird breast side up on a rack in a shallow roasting pan. Pour $\frac{1}{4}$ c. oil over bird. Roast in 400°F. oven. Do not cover. Baste with oil if necessary, and turn if necessary for even browning. Roasting time will be about 50 to 60 minutes depending upon size of bird and degree of doneness desired. Pheasant need not be well done. Too long a cooking period should be avoided. If dressing has been used, avoid letting it stand in bird cavity for any period of time after meat is cooked. (400°F temperature is acceptable as bacon protects the meat surfaces; 350°F oven may be used but allow more time.)
Recipe from FS 39



Baked Pheasant with Marinade

1 dressed pheasant
Marinade:
 $\frac{1}{4}$ c. cooking oil
2 tbsp. minced onion
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. black pepper
1 small clove garlic, minced
1 tbsp. wine vinegar
1 tbsp. worcestershire sauce
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{4}$ tsp. tabasco sauce
 $\frac{1}{2}$ tsp. paprika

Blend marinade thoroughly. Brush pheasant with marinade, tie legs down. Place in baking dish and roast for one hour in a 350°F. oven. Baste every 15 minutes and turn bird once if it doesn't stay upright on its back.
Recipe provided by Nancy Clark

Oven Baked or Simmered Pheasant

Since bones may have been broken by the shot, it is usually desirable to cut the pheasant carcass into serving pieces before cooking it. The leg and thigh may stay in one piece. Two or three pieces may be made from the breast. The wing pieces are left connected to the bony back and tail section. Liver, gizzard and heart may be saved also.

Pheasant adapts to moist heat cookery. The following recipes are for oven cooking or top of the stove simmering.

Smothered Pheasant

1 dressed pheasant, cut into serving pieces
3 tbsp. fat
 $\frac{1}{4}$ c. seasoned flour plus 1 tbsp. dry skim milk
1 c. light cream

Roll pheasant pieces in seasoned flour and saute in fat until well browned. Transfer to 2-3 quart casserole. Add cream, cover. Bake in 350° F oven for 1 hour, or simmer 30 to 45 minutes on top of stove.

Note: If meat is transferred to casserole, add cream to the browning media and blend, then pour over the meat. This sauce may appear curdled.

Substitution: Skimmed milk may be used in place of the light cream but the sauce will be less thick.

Recipe provided by Debbie Brakke

Pheasant and Apple Casserole

1 dressed pheasant, cut into serving pieces
4 tbsp. butter or margarine
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. thyme
 $\frac{1}{8}$ tsp. black pepper
2 large apples, peeled
1 c. apple cider
2 tbsp. wine vinegar
seasoned flour

Dredge pheasant pieces in seasoned flour. Brown in butter or margarine over medium heat. Transfer meat to a deep casserole. Sprinkle salt, thyme and pepper over the meat and add sliced apples. Pour cider and vinegar over all. Cover and bake 1½ hours at 350°F.

Recipe provided by Nancy Clark

Pheasant in Cream

1 dressed pheasant, cut into serving pieces
 $\frac{1}{3}$ c. butter
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. thyme
 $\frac{1}{4}$ tsp. black pepper
 $\frac{1}{4}$ c. flour
1 tsp. onion juice or 1 tbsp. minced onion
1 c. heavy cream

Dredge pheasant pieces in seasoned flour. Brown well in butter. Add onion and cream. Cover and simmer until tender, 30 to 45 minutes.

Recipe provided by Judy Metzger

Barbecued Pheasant

1 dressed pheasant, cut into serving pieces
1 egg, beaten
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
1 c. bread crumbs
3 tbsp. cooking oil

Add salt and pepper to the beaten egg. Roll pheasant pieces in the egg mixture then into crumbs. Brown in the oil over medium heat. Pour over the following barbecue sauce:

1 tbsp. vinegar
2 c. tomato sauce
 $\frac{1}{2}$ c. diced celery
2 tbsp. diced onion
1 tbsp. brown sugar
1 tsp. thyme
 $\frac{1}{2}$ tsp. salt

Blend thoroughly, simmer one hour.
Recipe provided by Debbie Brakke

Pheasant in Cream

- 1 pheasant, cut in pieces
- 1 tsp. monosodium glutamate
- $\frac{1}{4}$ c. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- 1 tsp. paprika
- $\frac{1}{4}$ to $\frac{1}{2}$ c. sour (or sweet) cream
- $\frac{1}{4}$ c. cooking fat
- 1 $3\frac{1}{2}$ oz. can mushrooms (optional)
- 2 tbsp. chopped onion (optional)

Mix seasonings with flour. Dredge pieces of pheasant in seasoned flour, and, if convenient, allow them to dry on a rack approximately $\frac{1}{2}$ hour. Heat $\frac{1}{4}$ inch layer of cooking fat in skillet to 340°-360°F., or until a drop of water just sizzles. Brown the pheasant pieces evenly and slowly in the heated fat. Avoid crowding the pieces in the skillet and turn them as necessary, using a kitchen tongs to avoid piercing the coating.

Allow 15 to 20 minutes for browning. Remove browned pieces from the skillet and place one layer deep in a shallow casserole. If desired, add mushrooms and chopped onion which has been browned in the fat in the skillet. Drizzle 1 to 2 tablespoons of sour or sweet cream (or 1 tbsp. butter and 1 tbsp. milk) over each of the browned pheasant pieces in the casserole.

Bake in a 325°F. oven 45-60 minutes or until fork tender. Do not cover young birds. An older bird may be baked covered until tender, then uncovered for 15 to 20 minutes to re crisp. If needed, turn once or twice during cooking so that the pieces cook and crisp evenly. Add more cream if the meat gets dry.

Variations:

1. When pheasant pieces are evenly browned, reduce heat in skillet (about 220°F.). Cover

and cook until fork tender (20-40 minutes). Add small portions of liquid at a time, and turn as necessary for uniform cooking.

Uncover last 10-15 minutes to re crisp. If desired, prepare gravy with pan drippings.

2. Sprinkle dehydrated onion soup generously over browned meat instead of using fresh chopped onion.

Recipe from FS 39



Pheasant Steaks

- 1 young pheasant
- $\frac{1}{4}$ c. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{16}$ tsp. oregano
- $\frac{1}{16}$ tsp. basil
- $\frac{1}{4}$ c. butter

Use breast and thighs only. With a sharp knife, cut meat from each side of breast bone, making 2 steaks. Split thigh to remove bone. Pound steaks to even thickness. Mix salt, pepper, oregano and basil with flour. (Variation: substitute 1 tsp. paprika for basil and oregano.) Brown steaks slowly in butter or other shortening (340°-360°F.). Turn when golden brown. To test doneness, cut a gash in center of steak, with a sharp knife. Steaks should still be juicy, without evidence of pink color. Cooking time will be about 3-5 minutes. Serve immediately. If desired, sprinkle with a little lemon juice just before serving.

Recipe from FS 39

Parmesan Pheasant

- 1 pheasant, cut in pieces
- 1 tsp. monosodium glutamate
- $\frac{1}{4}$ c. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- 2 tbsp. grated Parmesan cheese
- $\frac{1}{2}$ tsp. paprika
- $\frac{1}{4}$ c. butter
- $\frac{1}{2}$ c. stock (may dissolve 1 chicken bouillon cube in $\frac{1}{2}$ c. hot water)

Mix seasonings with flour. Roll pheasant pieces in mixture. If possible, place coated pieces on a rack to dry about $\frac{1}{2}$ hour. Brown slowly in butter in skillet (340° - 360° F.). Allow 15 minutes on each side. When golden brown, add stock or hot water in which bouillon cube has been dissolved. Cover. Simmer about 20 minutes or until tender. Uncover and cook about 10 minutes longer to re crisp.

Recipe from FS 39

Braised Pheasant with Mushrooms

- 1 pheasant, cut in pieces
- $\frac{1}{4}$ c. pancake mix
- $\frac{1}{4}$ c. butter
- 1 c. mushrooms
- 3 tbsp. chopped onion
- $\frac{1}{2}$ c. stock (may use 1 chicken bouillon cube dissolved in $\frac{1}{2}$ c. hot water)
- 1 tbsp. lemon juice
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. black pepper

Dredge cut up pieces of pheasant in pancake mix. Brown pieces in butter until golden brown (approximately 10 minutes). Remove pheasant pieces. In the butter remaining in skillet, saute mushrooms and chopped onion until

golden brown (approximately 10 minutes). Return meat to skillet, add stock, lemon juice and seasonings. Cover and simmer 1 hour or until tender. Remove cover last 10 to 15 minutes of cooking time to re crisp meat.

Recipe from FS 39

Deep Fat-Fried Pheasant

This type of recipe seems to be very popular and is repeated here because of the delicate eating of a superb piece of pheasant meat.

Deep Fat Fried Pheasant

- 1 young pheasant, cut in pieces
- $\frac{1}{4}$ c. coating mixture*
- milk or buttermilk
- cooking fat

Cut meat from each side of keel or breastbone with a sharp knife, making 2 breast pieces. Marinate pheasant pieces in milk or buttermilk 1 to 2 hours in the refrigerator, or dip in milk. Dredge pieces in desired coating.* Dry on rack approximately one-half hour. Transfer a few pieces at a time to deep fat basket and lower into heated fat (350° - 360° F.). Use 2 inches or more of heated fat. Remove pieces when golden brown (3-5 minutes). Serve immediately, or if you are preparing a large quantity of pheasant, keep already fried pieces hot in a single layer in a flat casserole in a 300° F. oven.

***Coating mixtures:**

- (1) Mix:
 - $\frac{1}{4}$ c. flour
 - 1 tsp. paprika
 - $\frac{3}{4}$ tsp. salt
 - $\frac{1}{8}$ tsp. pepper

- (2) $\frac{1}{4}$ c. pancake mix
 $\frac{1}{4}$ tsp. salt
- (3) Mix:
 $\frac{1}{4}$ c. flour
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $1/16$ tsp. oregano
 $1/16$ tsp. basil
- (4) Combine ingredients and beat with a rotary beater until batter is smooth.
 1 egg, beaten slightly
 $\frac{1}{2}$ c. milk
 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ to 1 tsp. worcestershire sauce
 $\frac{1}{8}$ tsp. allspice
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
- Recipe from FS 39

The next group of recipes may seem rather an extravagant use of pheasant meat, but four pheasants will make four different dishes.

Pheasant Breasts in Rice

- (4 servings)
 4 pheasant breasts
 1 can mushroom soup
 1 envelope dry onion soup mix
 1 c. milk
 1 c. rice
 $\frac{1}{2}$ c. mushroom bits

Combine soups and milk. Pour half of the mixture into an oblong baking dish (approx. 7 x 11 inches). Stir in rice and mushroom bits. Arrange pheasant breasts on the rice mixture, press down and pour the remainder of the soup mix over the breasts. Cover with foil and bake 1 hour and 15 minutes in a 350°F oven. Uncover the last 15 minutes to brown.

Recipe provided by Debbie Brakke

Pheasant Fondue, plain or marinated, may be made from the legs and thighs of two birds or more depending on the number of people to be served.

Pheasant Fondue, Plain

- 1 dressed pheasant cut into bite-sized pieces
 2 $\frac{1}{2}$ c. vegetable oil

Heat oil in electric fondue pot to 425°F. Shake excess moisture from pheasant pieces, spear on fondue fork and place in hot oil. Fondue about one minute or till golden brown. Remove from fork, salt if desired, ready to eat.

Recipe provided by Nancy Clark

Pheasant Fondue, Marinated

Cut pheasant as above. Marinate in the following marinade:

- $\frac{1}{4}$ c. cooking oil
 2 tbsp. diced onions
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 1 small clove garlic, minced
 1 tbsp. wine vinegar
 1 tbsp. worcestershire sauce
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{4}$ tsp. tobasco sauce
 $\frac{1}{2}$ tsp. paprika

Mix thoroughly. Marinate bite-size pieces of pheasant for one hour, drain and fondue as above.

Recipe provided by Nancy Clark

Legs and thighs from two birds will make enough ground meat for the next recipe.

Pheasant Balls

- (3-4 servings)
 $1\frac{1}{4}$ c. ground raw pheasant (best of 4 legs and thighs)
 1 egg, slightly beaten

- 2 tbsp. minced onion
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. paprika
- $\frac{1}{8}$ tsp. pepper
- 2 tbsp. fat or oil
- 1 c. bread crumbs and/or cornflake crumbs

Mix pheasant, egg, onion and spices together. Make about seven meatballs $1\frac{1}{2}$ inch in diameter (rounded tablespoon). Roll in crumbs. Brown in fat until brown and meat is done. Medium heat about 15 minutes.

Recipe provided by Judy Metzger

Now the bones are left and they make good soup stock. There is plenty of meat on the backs to enrich the soup.

Pheasant and Rice Soup

(4 servings)

- 1 dressed pheasant, cut in pieces
- water to cover

Boil 30 to 40 minutes until meat is tender and will come off the bones easily. Cool. Remove meat from bones and strain the broth.

Soup:

- 1 qt. broth
- 1 carrot diced ($\frac{1}{3}$ to $\frac{1}{2}$ c.)
- 2 tbsp. diced onion
- $\frac{1}{4}$ c. diced celery
- 1 c. diced cooked pheasant
- 2 tbsp. rice
- 1 tsp. celery salt
- $\frac{1}{2}$ tsp. salt or more to taste
- $\frac{1}{4}$ tsp. pepper

Combine all ingredients and simmer 15 minutes. This can be made in advance and reheated to serve. Serve with crisp crackers.

Recipe provided by Debbie Brakke

Do you ever wonder what to do with left-over cooked pheasant or do you "lick the platter" clean each time pheasant is served? Perhaps you might plan for some left-over pieces just to try some of the following recipes using cooked pheasant meat. Do be careful on the use of spices as a little seems to go a long way in seasoning the meat. Pheasant flavor is easily covered with seasonings.

Pheasant Souffle

(4 servings)

- 1 c. cubed cooked pheasant
- 2 eggs, separated
- $1\frac{1}{2}$ c. cooked white rice
- $\frac{1}{2}$ c. fresh bread crumbs
- $\frac{1}{2}$ c. diced celery
- 1 c. milk
- 1 tsp. salt
- $\frac{1}{8}$ tsp. black pepper
- $\frac{1}{4}$ tsp. thyme

Beat egg yolks and add all ingredients but egg whites. Beat egg whites until stiff and fold into mixture. Pour into heavily-greased $1\frac{1}{2}$ qt. flat baking dish or an 8 x 8 inch square dish. Bake at 350°F for about 30 minutes, or until a knife inserted in center comes out clean. Cut into squares and serve with mushroom sauce.

Mushroom sauce:

- 1 can condensed mushroom soup
- $\frac{1}{2}$ c. milk

Combine and heat to boiling. Serve over pheasant souffle.

Recipe provided by Nancy Clark

Pheasant Salad

(3-4 servings)

- 1 c. cubed cooked pheasant
- 1 c. chopped celery
- 2 tbsp. diced onion
- 1 tbsp. diced green pepper
- $\frac{1}{4}$ tsp. salt
- dash black pepper
- $\frac{1}{2}$ c. salad dressing
- 1 tbsp. cream
- salad greens
- sliced stuffed olives for garnish

Combine first eight ingredients and chill thoroughly before serving. Serve on salad greens and garnish with sliced olives. More or less cream may be needed for a moist salad.

Recipe provided by Debbie Brakke

Pheasant Pot Pie

(2-3 servings)

- 1 c. cubed cooked pheasant
- $\frac{1}{4}$ c. diced onion
- $\frac{1}{2}$ c. thinly sliced carrot
- 1 c. frozen peas ($\frac{1}{2}$ pkg.)
- 1 bay leaf
- 1 chicken bouillon cube
- 1 c. water
- $1\frac{1}{2}$ c. medium white sauce
- Rich biscuit topping

Boil vegetables, bay leaf and bouillon cube in water until tender (about 10 minutes). Drain and save liquid for sauce. Combine liquid and enough milk to make $1\frac{1}{2}$ cups liquid. Make sauce with 3 tbsp. butter, 3 tbsp. flour and $\frac{1}{2}$ tsp. salt. Combine pheasant, vegetables and white sauce with additional seasonings optional. Put into 3 qt. casserole and top with baking powder biscuits. Bake at 450°F for 15 minutes.

Optional seasonings: chili powder, cumin, worcestershire sauce, savory, thyme, mace, marjoram or a combination of any of these spices.

Recipe provided by Nancy Clark

Pheasant Ala King

2 servings

- 1 c. cubed cooked pheasant
- 1 tbsp. butter or margarine
- 1 tbsp. flour
- $\frac{1}{2}$ c. broth or chicken bouillon
- $\frac{1}{4}$ c. heavy cream
- $\frac{1}{4}$ tsp. salt
- dash of pepper
- 1 tbsp. minced onion
- 1 egg yolk, beaten
- 2 slices of toast or English Muffins
- option ingredients — pimeto, waterchestnuts, or parsley

Melt margarine with onion in sauce pan, stir in flour. Add broth and cream, heat slowly without boiling. Pour this mixture into beaten egg yolk. Add salt, pepper and pheasant. Heat only till hot. Serve on buttered toast points or English muffins.

Recipe provided by Debbie Brakke

Pheasant Loaf

(3-4 servings)

- $1\frac{1}{2}$ c. finely diced cooked pheasant (do, **not** grind)
- 2 tbsp. minced onion
- 2 tbsp. minced green pepper
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{2}$ c. dry bread crumbs
- 2 eggs beaten

- $\frac{3}{4}$ c. milk
- 1 tbsp. worcestershire sauce

Combine first seven ingredients. Beat eggs and mix in milk and worcestershire sauce. Add liquid to dry mixture. Blend thoroughly. Put into a buttered loaf pan (approx. $3\frac{1}{2} \times 7\frac{1}{4}$) and bake 45 minutes in a 350°F oven. If a longer loaf pan is used, reduce baking time accordingly.

If nutmeg is not one of your favorite spices, use thyme or marjoram which seems to blend well with the flavors of pheasant meat.

Recipe provided by Judy Metzger

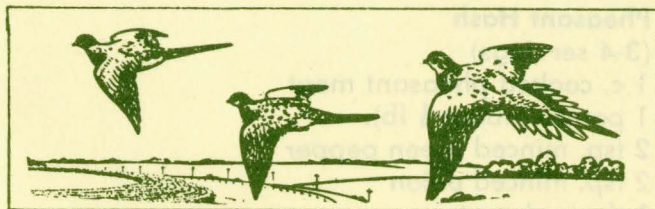
Pheasant Croquettes

(Makes 10-12 croquettes)

- 1 c. chopped cooked pheasant
- 4 tbsp. butter or margarine
- 4 tbsp. flour
- 1 c. milk
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. marjoram
- $\frac{1}{4}$ tsp. curry powder
- 1 egg, beaten
- 2 tbsp. flour
- $\frac{1}{2}$ c. bread crumbs and/or corn flake crumbs
- deep fat frying media

Make a sauce of flour, butter and milk, add meat and seasonings. Chill thoroughly. Beat egg. Shape croquette mixture, roll in flour, egg and then crumbs, being sure all areas are coated with egg before crumbing. Deep fat fry at 375°F about 5 minutes or until golden brown, drain on absorbent paper, serve hot.

Recipe provided by Judy Metzger



Pheasant Patties

- 7-8 patties (4 servings)
- 2 c. diced cooked pheasant (do **not** grind)
- $\frac{1}{2}$ c. toasted bread crumbs
- 4 tbsp. butter or margarine (divided)
- $\frac{1}{4}$ c. minced onion
- 2 tbsp. minced green pepper
- 1 egg, slightly beaten
- $\frac{3}{4}$ c. milk
- 1 tsp. worcestershire sauce
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. thyme
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{2}$ to 1 c. corn flake crumbs

Melt 2 tbsp. butter or margarine in fry pan over medium heat, cook onion and green pepper until golden brown. Blend pheasant, crumbs and seasonings. Spoon vegetables out of fat and add with the egg, milk and Worcesterstshire sauce. Mix thoroughly and let set a few minutes to blend flavors. Spoon out round-ed tablespoon of mixture into crumbs, coat with crumbs and with the aid of a spatula transfer to medium hot fry pan. Fry until golden brown, using 2 tbsp. of butter or margarine as needed, turn once (10-15 minutes overall cooking time). Do not overcook as they become dry. This mixture is hard to handle but good enough to warrant patience in making the patties. Mushroom sauce may be served with the patties for a change.

Recipe provided by Judy Metzger

Pheasant Hash

(3-4 servings)

1 c. cooked pheasant meat

1 potato (about $\frac{1}{2}$ lb).

2 tsp. minced green pepper

2 tsp. minced onion

1 tbsp. pimento

$\frac{3}{4}$ tsp. salt

$\frac{1}{4}$ tsp. pepper

2 tbsp. fat

Put pheasant and potato through food grinder with medium to coarse blade. Add pepper, onion and pimento and seasonings. Brown in fat for 15 minutes, stirring occasionally.

Recipe provided by Debbie Brakke

Hints & Helps

Abbreviations:

c—cup

tbsp—tablespoon

tsp—teaspoon

med—medium

sl—slightly

Terms:

chop—to cut into small pieces in a random manner

cube—to cut into small ($\frac{1}{4}$ to $\frac{1}{2}$ inch) more or less cubical pieces

dice—to cut into small, more or less cubical pieces ($\frac{1}{8}$ to $\frac{1}{4}$ inch). Result is finer than cubed food and coarser than minced.

fats—include butter, margarine, lard, vegetable shortening, oils, meat drippings. Increase salt if unsalted fats are used ($\frac{1}{2}$ tsp. per 1 c. fat).

ground—medium to coarse blade on a home grinder

mince—to cut or chop into very small pieces

rice—1 c. rice, regular or long grain

1 tsp. salt

2 c. water

Bring rice to a boil in the salted water. Cover. Lower heat to a simmer and cook 14 minutes. Remove from heat to steam for whole kernel, fluffy rice. Yields $3\frac{1}{2}$ c. cooked rice, approximately 4 servings.

saute—to fry in shallow fat to light brown

Rich biscuit mix

yield: about 8 two-inch biscuits

1 c. sifted all-purpose flour

$1\frac{1}{2}$ tsp. baking powder

$\frac{3}{8}$ tsp. salt

3 tbsp. fat

about $\frac{3}{8}$ c. milk

Sift together dry ingredients. Cut in shortening until mixture looks like meal. Stir in milk, only enough to hold dough together. Place dough on lightly floured board; knead just enough to smoothen edges. Roll or press with hand to $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Cut with a two-inch biscuit cutter or glass of similar size. Bake as directed in recipe.

Seasoned flour for dusting meat

$\frac{1}{2}$ c. all-purpose flour

1 tsp. salt

$\frac{1}{2}$ tsp. black pepper

Other seasonings may be added to the above mix to enhance the flavor of pheasant.

White Sauce

yield: about 1 cup

	Medium	Thick
butter	2 tbsp.	2½ to 4 tbsp.
flour	2 tbsp.	4 tbsp.
salt	½ tsp.	½ tsp.
milk	1 c.	1 c.

Melt butter, add flour and seasonings, blend well. Slowly add milk, stirring constantly to keep mixture from lumping while heating. Bring to a boil over low heat, with constant stirring to produce a smooth sauce.

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