



## **OUTDOORGUY'S Pheasant Marsala:**

Also is great with Grouse, Woodcock, Chucker or if your skills as a hunter are slipping- Chicken works to.

### **INGREDIENTS:**

6 - Pheasant Breasts  
1 Cup Fine Bread Crumbs  
½ Cup **Dry** Imported Italian Marsala Wine (Florio)  
1 Cup Heavy Whipping Cream  
2 - Leeks Cleaned and Sliced Crosswise  
½ Pound Fresh Portabella Mushrooms Sliced  
1 Cup Fresh Spinach Leaves  
1 Stick **Real Butter**  
Skim Milk for Soaking Breasts  
Salt and Pepper

### **PROCEDURE:**

Clean and trim fat from breasts and soak completely covered in Skim Milk overnight. Drain milk from breasts and carefully pound each breast between two sheets of cellophane to tenderize. I use a full wine bottle which then can be immediately opened and enjoyed.

In a large sauté pan melt 2 tablespoons of butter and then sauté Leeks until tender. Approximately 3-5 minutes. Remove from pan and set aside. Do the same for the Portabella Mushrooms and set aside reserving any excess juices for later.

Press each Breast into Bread Crumbs coating evenly. Melt 3 tablespoons of butter and sauté them in pan 2-3 minutes each side (Careful – Not too hot) adding butter if necessary a little at a time to prevent scorching. Place Cooked Breasts in a 200 degree oven to keep warm while you make the sauce.

When all your breasts are cooked and in oven turn heat to high on pan and add ½ cup Dry Marsala Wine and reduce for 2-3 minutes. Add cream and bring to boil reduce until it starts to thicken. Add Leeks, Mushrooms, left over juices and salt and pepper to taste. Toss in Fresh Spinach Leaves and you are ready. Pour Sauce over Pheasant Breasts

arranged on large serving platter and prepare yourself for one of the best meals of your life.

Serve with Salad (SEE DRESSING BELOW), Garlic Mashed Potatoes and another bottle of wine. **Enjoy!** This is my absolute favorite recipe of all time. **TRY IT.** It is worth the effort.

## **OUTDOORGUYS Pheasant Lasagna**

Double this sauce quantity for a large crowd—over 4 servings:  
Go easy on the nutmeg!

### **BECHAMEL SAUCE**

2 tbsp. sweet butter  
3 tbsp. flour  
1 c. milk  
Salt, pepper & nutmeg to taste

1. Melt butter in saucepan. Sprinkle with flour and cook gently, stirring constantly for 5 minutes. Do not let brown.

2. Meanwhile, bring milk to boil. When milk reaches boil, remove butter and flour mixture from heat and pour in the boiling milk all at once. As mixture boils and bubbles, beat in vigorously with wire whisk. When bubbling stops, return pan to medium heat and bring to boil. Season to taste with salt, pepper and nutmeg.

To prepare Pheasants, I cook them in a large stock pot and make stock at the same time.

2-4 whole cleaned Pheasants  
6-stalks Celery  
6-coarsly chopped Carrots  
1 large chopped onion  
2-garlic cloves  
1-bunch parsley  
2-3 quarts cold water

Place all ingredients into a large stock pot and boil for appx. 2 hours.  
Remove Pheasant to a shallow pan and let it cool. When cool, pick all meat off the bones coarse-chop into bite sized pieces and set aside.

Other ingredients:

2-C. fresh Porcini Mushrooms (if available), or use Crimini (baby portabella's), cleaned, sliced for sauté.  
1-lb. fresh lasagna noodles (Spinach is my first choice, but not required), or use regular dry and cook them in your Pheasant stock to al-dante.  
½ to 1-lb. grated Fontina cheese  
½ lb. grated Provolone cheese

4-6 ozs. freshly grated parmesan (use real stuff from Parma Italy—it makes a big difference)  
1-bag fresh spinach, steamed, cooled, remove excess moisture and chop (set aside), or use 2-  
boxes frozen, thawed, remove excess moisture.  
Olive Oil

Procedure:

Sauté mushrooms in 2-tbsps. butter, deglaze pan with a splash of dry Marsala wine or any good  
Red wine, set aside. You can add the mushrooms to your béchamel if desired.

Mix cheeses together in a large bowl, reserve ½ c. Parmesan for topping.

Sprinkle deep lasagna pan with olive oil, begin layering ingredients starting with a little béchamel  
sauce, then noodles, pheasant, cheese, spinach and mushrooms. Finish top layer with remaining  
sauce.

Bake at 375 degrees for 35-40 minutes

NOTE: Save your stock for use as a base for a soup.

Serves 4-8

## Pheasant Enchiladas

Ingredients:

12 Corn Tortillas  
8-12oz. shredded Cheddar  
8-12oz Shredded Monterey Jack  
1-15 oz can Evaporated Milk  
6-8 oz mild Green Chili Salsa (La Victoria brand preferred)\*  
1-4 oz can mild roasted diced green chilis\*  
4-5 large boneless, skinless Pheasant Breasts (appx. 1.5 lbs.) (Chicken can be substituted)  
1-c Heavy Cream  
1-Diced Red Bell Pepper

Optional—Fresh Cilantro, Diced Jalapeño for added heat

Procedure:

1-13x9 glass baking pan or non-stick aluminum pan.

Arrange breasts (in a single layer) baking dish appx. 9x9 or larger if necessary. Pour  
heavy cream over breasts, cover with tin foil and bake at 375 degrees for appx. 35-40  
minutes. Remove from oven, pour off excess cream and juice, and let cool appx. 30-  
minutes or until cool enough to handle and dice into ½” cubes. Set aside for assembly.  
**You can do this step ahead of time and store in the refrigerator up to overnight.**

Heat 1-c Corn Oil in a sauté pan to apx. 360 degrees, quickly fry each corn tortilla and set aside on paper towel covered plate to drain.

In a 2-4 Qt. bowl, mix Evaporated milk, diced green chilis, and chili salsa.  
Mix both shredded cheeses in a bowl, set aside for assembly.

Dredge a corn tortilla through milk and chili mixture, place in baking dish, add diced chicken, some cheese and roll tightly. Continue this process with remaining ingredients arranging enchiladas in rows, length-wise in the pan.  
Sprinkle any remaining (or extra) cheese evenly on top of the enchiladas, sprinkle diced Red Bell and Jalapeño on top, and then pour any remaining milk and chili mixture evenly across the top.

Bake appx. 20-25 minutes at 425 Degrees. Serve with refried or Black Beans, fresh Guacamole and Sour Cream (Optional).

Makes appx. 4-6 servings.

NOTE: Because these are a free-form food, you can change the amounts of Pheasant or cheese used in the dish to suit your taste.

### **OUTDOORGUY'S CANDIED WATERFOWL:**

Or is it water **foul**. Lets face it - ducks and geese taste like flying liver – they are fun as heck to shoot but not fun to eat. My good friend Cabela Dave was kind enough to show me the secret. Hey – if you are going to kill it - you gotta grill it. This is the appetizer recipe that can easily become a main course.

Cut your duck into bite sized chunks – wrap in bacon and hold with tooth pick. Marinate at least overnight in the following marinade and grill. You may want to spice it up a bit and add a water chestnut and a slice of jalapeno to each piece. They will go as fast as you can get them off the grill.

1 Package smoked bacon  
1 package brown sugar  
1 Cup Orange Juice  
2 Cups Teriyaki  
Black pepper and spice up to taste.

## Duck with Red Wine Sauce (Can be used for Venison too)

### Ingredients:

#### For the Duck:

4-6 breasts, boned, skinned and rinsed clean.  
½ c. flour for dredging  
4-tbsps. Melted Clarified Butter

#### The Sauce:

2-3 C. Cabernet, Zinfandel or Shiraz  
2-Tbs. Freshly Chopped Rosemary  
½ c. slivered dried apricots  
1-cube or ½ tsp. beef bouillon  
2-tbs. clarified butter  
½ c. heavy cream

### Procedure:

#### The Sauce:

In a 1-quart heavy bottomed sauce pan, boil the red wine and reduce to appx. ½ cup. Add the Bouillon, rosemary, apricots, butter and cream, reduce heat to medium-high and simmer until sauce thickens. Sauce can be covered and kept warm while the duck is prepared.

#### The Duck:

Place breast meat between two sheets of saran wrap and gently pound to tenderize. Dredge each breast through flour, shake off excess flour. Add clarified butter to a pre-heated, heavy-bottomed sauté pan, place breasts in a single layer into pan and cook appx. 2-minutes per side (or to medium rare) and remove from heat—don't over cook!

Transfer breasts to a cutting board and cut into ½ inch thick slices (at 45° angle for presentation). Transfer to heated serving plates arranging in a fan slightly overlapping each slice and spoon sauce evenly over each serving. Serve immediately.

Note: Duck can be served with your favorite Wild Rice, roasted or mashed potatoes, or Parmesan Polenta and a side of sautéed wild mushrooms with Leeks.

Yield 2-4 servings

# PUMPKIN CHEESECAKE WITH BOURBON SOUR CREAM TOPPING

## — ingredients —

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### **For the crust**

3/4 cup graham cracker crumbs  
1/2 cup finely chopped pecans  
1/4 cup firmly packed light brown sugar  
1/4 cup granulated sugar  
1/2 stick (1/4 cup) unsalted butter, melted and cooled

### **For the filling**

1 1/2 cups solid pack pumpkin  
3 large eggs  
1 1/2 teaspoons cinnamon  
1/2 teaspoon freshly grated nutmeg  
1/2 teaspoon ground ginger  
1/2 teaspoon salt  
1/2 cup firmly packed light brown sugar  
three 8-ounce packages cream cheese, cut into bits and softened  
1/2 cup granulated sugar  
2 tablespoons heavy cream  
1 tablespoon cornstarch  
1 teaspoon vanilla  
1 tablespoon bourbon liqueur or bourbon if desired

### **For the topping**

2 cups sour cream  
2 tablespoons granulated sugar  
1 tablespoon bourbon liqueur or bourbon, or to taste

16 pecan halves for garnish

## — preparation —

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### **Make the crust:**

In a bowl combine the cracker crumbs, the pecans, and the sugars, stir in the butter, and press the mixture into the bottom and 1/2 inch up the side of a buttered 9-inch springform pan. Chill the crust for 1 hour.

### **Make the filling:**

In a bowl whisk together the pumpkin, the egg, the cinnamon, the nutmeg, the ginger, the salt, and the brown sugar. In a large bowl with an electric mixer cream together the cream

cheese and the granulated sugar, beat in the cream, the cornstarch, the vanilla, the bourbon liqueur, and the pumpkin mixture, and beat the filling until it is smooth.

Pour the filling into the crust, bake the cheesecake in the middle of a preheated 350°F oven for 50 to 55 minutes, or until the center is just set, and let it cool in the pan on a rack for 5 minutes.

**Make the topping:**

In a bowl whisk together the sour cream, the sugar, and the bourbon liqueur.

Spread the sour cream mixture over the top of the cheesecake and bake the cheesecake for 5 minutes more. Let the cheesecake cool in the pan on a rack and chill it, covered, overnight. Remove the side of the pan and garnish the top of the cheesecake with the pecans.