

Pheasant Chasseur

Traditional braised pheasant, or any other game bird. Serves 2 to 4.

Ingredients:

5 Tablespoons butter
½ Cup chopped onion
1/2 Cup chopped mushrooms
1/2 Cup flour
1/2 Teaspoon salt
1/4 Teaspoon pepper
1/2 Teaspoon oregano
1 1/2 Pound pheasant, cut up
2 Tomatoes, peeled, seeded and coarsely chopped
1 Cup chicken or pheasant stock
1/2 Cup dry white wine
1/4 Cup water
2 Sprigs fresh parsley, finely chopped

Preparation:

Heat 2 tablespoons of the butter in a large, heavy skillet. Add the onions and saute until slightly brown, about 5 minutes. Add the mushrooms and a sprinkling of salt and pepper and cook for 3 more minutes or until the mushrooms begin to soften. Transfer the mixture to a plate and set aside. Combine the flour, remaining salt, pepper and oregano. Set aside 1 1/2 tablespoons of the mixture. Generously coat the pheasant pieces with the flour mixture.

Heat the remaining butter in the same skillet and add the pheasant. Gently brown the meat over moderate heat, turning the pieces to brown evenly, about 8 to 10 minutes.

Add the onions, mushrooms, tomatoes, chicken or pheasant stock and wine to the skillet. Cover with a tight-fitting lid and simmer for 30 minutes, or until pheasant is tender. Mix the reserved flour mixture with 1/4 cup water. Transfer the pheasant to a warm platter and add the flour mixture to the cooking juices, stirring constantly until the sauce thickens. Adjust the seasoning, if needed, and pour over the pheasant. Sprinkle with fresh parsley and serve immediately over wild rice.