

Apple and Fig Stuffed Pheasant Breasts

By Executive Chef, Andy Nighbor of Fresh Madison Market, Madison, WI

4 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 then twist the ends to make a tight seal and to help form the breast into a tube shape. Repeat the step once more 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 you then poach them in a 165°F water bath for two hours or until the internal temperature of 155°F is achieved. Once they are cooked chill them in an ice bath.

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

Yield: 4 servings