

Recipe: Herb Roasted Pheasant with Wild Rice Stuffing

By Chef Shannon Shaffer, Design Cuisine, Arlington, VA

10 MacFarlane Pheasant Breasts, boneless, remove tenders and reserve for stuffing cut small pocket in side of breast for stuffing
1 lb. wild rice, long grain
2 quarts chicken stock or canned chicken broth
2 carrots, diced
1/2 onion, diced
1/2 cup dried apricot, small diced
1 tablespoon salt and pepper mix
2 tablespoons garlic, roasted
1/2 cup olive oil with chopped rosemary, thyme and sage

Directions: In a sauce pan, bring water to a boil and add rice with the chicken stock, cook until soft and 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 °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 from oven and cover with lid or foil and allow to sit for 10 minutes before serving over sautéed spinach.

Yield: 10 servings

Recipe from the 2009 Inaugural Luncheon courtesy of Design Cuisine.