

Pheasant Pot Pie

The recipe that follows is what Chef Mark Mancuso of La Minestra Restaurant in Pierre, SD describes as comfort food. It's a great dish to prepare during dreary weather or at the end of a long day out ice fishing. Best of all, it's very easy to prepare. You can also make the filling (without potatoes) and freeze. Then thaw it out, cook the potatoes and add to the warmed mix then top with crust as described below.

Ingredients

2 MacFarlane Pheasant breasts cut into small pieces (or one pheasant boned out)
Up to 8 cups chicken stock
1 cup diced carrots – fine dice
1 cup thinly sliced celery (1-2 stalks)
1 cup of frozen whole peas
1 small onion , diced
1 cup sliced mushrooms
1 medium potato, diced fine
1 cup asparagus sliced in
1-inch pieces
1 cup flour
1 stick (1/4 pound) butter
1 cup Chardonnay wine
1 tbsp minced parsley for garnish Salt/pepper to taste

Prepared pie crust

1 egg beaten plus 2 tablespoons water for egg wash

Directions

Melt butter in sauté pan, adding a bit of olive oil to prevent burning, then add the pheasant pieces and quickly brown them. Then add all of the vegetables, cooking them for several minutes while frequently stirring. Sprinkle the flour over the top, fold it into the pheasant and veggies, then add the Chardonnay*, chicken stock, two cups at a time to achieve the consistency you want. (Less if you want a thicker consistency, more if you want a thinner consistency). Bring to a boil.

Then place it all in a casserole dish, covering it with pie crust, sealing off all the edges as you would in baking a pie. Brush crust with a slightly beaten egg wash, then place in a 350 degree oven and bake for about 30-minutes or until the crust turns golden brown.

You can also make the filling (without potatoes) and freeze. Then thaw it out, cook the potatoes and add to the warmed mix then top with crust as described below.

*Any lightly flavored white wine can be substituted for the Chardonnay. To make the pie more savory, use 1 cup cooked wild rice instead of potatoes.