

## **Roast Pheasant**

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1 pheasant (2-2.5 pounds)  
1 tablespoon olive oil  
1 small lemon  
1 small onion  
4 peppercorns  
¼ teaspoon salt  
1 cup chicken stock

Remove inside and neck from bird. Rinse bird well in cold water. Rub salt in cavity and stuff cavity with peppercorns, lemon and onions. Rub pheasant skin well with olive oil and place bird breast side up in covered baking dish or Dutch oven. Add giblets, neck and stock. Cover and roast at 250 degrees for 3 hours. Test for doneness by placing meat thermometer in the thickest part of the breast. Birds should be cooked to 180-degree temperature.

### **Chef notes:**

Pheasants are low in fat. It is important to roast at a low temperature. Cover tightly. Do not cut lemons, as the white membrane will make the stock bitter. Leftover pheasant is excellent in omelets, sandwiches or salads. If preparing more than one bird, reduce the stock by half for every additional bird. For example: 1 bird = 1 cup stock, 2 birds = 1 ½ cup stock. One bird feeds two people.