

## **Sherried Pheasant and Raspberry Salad**

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Olive oil  
Salt and pepper  
4-6 pheasant breasts  
1/4 cup dry sherry  
Garden lettuce, trimmed and cleaned  
Raspberries  
Vinaigrette (below)

Heat olive oil in a large saucepan over medium high heat. Season pheasant with salt and pepper. Place pheasant in hot oil, cover, and cook until cooked through, turning once midway in cooking (about 6-8 minutes total). Uncover and pour sherry over pheasant in hot pan; most of it should bubble away, leaving a bit of sauce. Remove from heat, slice pheasant and set aside.

Assemble salads of lettuce, pheasant and raspberries, drizzled with vinaigrette.

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### My Everyday Salad Dressing - Vinaigrette

Have a little jar and some oil and vinegar on hand? Then you have instant salad dressing, my friend. Actually, this is a vinaigrette, but let's forgo the tiny naming details, shall we? And please experiment with different quantities and types of oils and vinegars - walnut oil takes this simple dressing into another dimension.

3 tablespoons extra virgin olive oil  
1 tablespoons white wine vinegar  
Optional add-ins: fresh black pepper; pinch of salt; 1/4 tsp. Dijon mustard; a small spoonful of mayo, sour cream, Greek yogurt, or cream; a small pinch of sugar; chopped herbs (fresh or dried)

Add everything to a small jar, tighten the lid, and shake until mixed thoroughly.