

Smothered Pheasant

1 pheasant breast
1 tablespoon butter
1 medium onion
2 to 3 large garlic cloves
1 cup sherry cooking wine
½ cup olive oil
1 lemon (squeezed juice)
½ teaspoon thyme
½ teaspoon marjoram
Salt and pepper to taste
1 can ro-tel (original)
½ cup Lecso

Cut pheasant breast in two pieces, disjoint legs and wings, so there are eight pieces (including the breast) Brown pheasant in a little butter in large deep skillet. Remove pheasant and set aside. Chop one medium onion fine, two or three large cloves of garlic, chopped fine and sauté in same skillet. Add to the sautéed onion and garlic one cup sherry cooking wine and half cup olive oil, and juice from half an lemon. Add ½ teaspoon thyme, 1/2 tsp marjoram, salt and pepper, one can ro-tel (original) and 1/2 cup Lecso (lecho) (dish made of stewed tomatoes with peppers and onions) Replace pheasant into the skillet (making sure all pieces are turned and coated in the mixture) reduce the heat to a simmer and cook covered approx one hour. Check occasionally and turn the pieces when needed. Just before the pheasant is finished, prepare the pasta (I prefer spaghetti) so it is done about the same time the pheasant is finished.

When the pheasant is finished, remove to a warm plate, and place the cooked pasta in the skillet and coat well with the sauce. This is a recipe that works well on all small game and upland game.

Entrant: Robert Heald