

Pheasant Under Glass

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Ingredients

1 whole large pheasant breast, split, boneless
2 T freshly squeezed lemon juice
½ tsp freshly ground black pepper
2 T unsalted butter
6 dried morel mushrooms, brushed off
2 lg Shallots, peeled & chopped
2 Lg button mushrooms, wiped clean, trimmed, thinly sliced
2 T brandy
1/3 c dry white wine
1/3 c heavy cream
1 ½ tsp chicken demi-glace
pinch cayenne pepper

Preparation

Flatten pheasant breasts slightly with a mallet or rolling pin, and then rub with 1 T of lemon juice & season with black pepper. Melt 1 T butter over med-high heat in 9 in skillet. When butter foams, sear the pheasant, skin side down for a bout 5 min per side. Remove to plate, cover and keep warm. Steep the dried morels in ½ cup hot water for about 5 min; drain and strain reserving soaking liquid. Discard stems and thinly slice caps. Melt the remaining butter in skillet and sauté shallots for about 2 minutes, until golden, and then add morels and button mushrooms, sautéing for 1 minute. Remove to a bowl, cover and keep warm. Boil the reserved soaking liquid, brand, and white wine until reduced by about ½. Then whisk in demi-glace and cream, returning to boil for 1 minute or until sauce is thickened and smooth.

Place each pheasant breast on warmed plate, skin side up and top with half mushroom mix and then sauce. It's ideal to cover it with a glass cover, and place in front of your guest(s). Once seated, lift the cover and fan essence toward themselves to take in the full impact of the aroma of this wonderful dish.