

Entrant: Karen McShea

Cormier Pheasant Scaloppini

Serves 4-6

3 lbs of Pheasant Breast taken off the bone and pounded into cutlets (1/2 inch thick) - you may need 3-4 whole pheasants depending
2 cups of plain bread crumbs
1 cup of fresh grated pecorino Romano cheese
6 cloves of pressed garlic
1/2 cup of freshly chopped curly parsley
3 pinches of sea salt
2 T of fresh ground black pepper
1 cup of fresh squeezed lemon juice
1/4 cup of capers
1 cup of chicken stock
1/2 cup of white wine
3 T of butter

Preparation

Combine breadcrumbs with grated cheese, garlic, parsley, 1 pinch of salt and 1 T of black pepper. Mix thoroughly to ensure that garlic is evenly distributed throughout mixture.

Place each pheasant breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-1/2 inch thickness using a meat mallet or rolling pin. Dip chicken in lemon juice, and sprinkle with salt and pepper. Dredge chicken in breadcrumbs mixture.

Heat a large nonstick skillet coated with olive oil over medium-high heat. Add pheasant to pan; cook 3 minutes on each side or until pheasant is done - do not overcook as it will continue to cook while warming. Remove from pan; keep warm in baking dish in warm oven.

Once all pheasant is cooked, use pan to cook sauce as a deglaze.

Add broth and wine to pan, and cook for 2 minutes, stirring constantly. Remove from heat. Stir in capers and butter. Place pheasant on a deep platter and then pour sauce over platter. Serve immediately with a summer vegetable orzo or a roasted root vegetable and truffled sage fresh pasta.

Wine pairing - Bergstrom Shea Vineyards Pinot Noir