

Pheasant Dunkers

We listed two cooking versions here to give you options on added fat content

1 pack MacFarlane pheasant breasts strips, cut into halves or thirds
3 eggs
1 package plain bread crumbs (or crushed corn flakes works well too)
1 – 2 tsp garlic powder
1 – 2 tsp onion powder
salt and freshly ground black pepper, to taste
canola oil for frying

Preheat at least 1 inch of canola oil in a deep fry pan to 350 degrees. In a glass bowl, whisk the eggs together and add the garlic and onion powder; add salt and pepper, and whisk well. Place the pheasant in the bowl for a few minutes. Meanwhile, sprinkle the crumbs or cereal on a large plate or into a plastic bag. Roll each Pheasant strip in crumbs until covered, until all are 'crumby'. Using tongs, add the pheasant to the hot oil and fry until a deep golden brown and the meat is completely cooked; approximately 2-3 minutes per side. Drain on paper towels and serve with various dipping sauces or mustards.

Oven option: Preheat oven to 400 degrees and have an ungreased pan with low sides ready to place pieces on. Place pheasant pieces evenly spread out on the pan, place in preheated oven for 5 min then turn over. Heat for another 6-8 min until slightly firm to the touch. Serve with your favorite sauces.