



Breast of Pheasant with Mushroom and Ham Stuffing

Stuffing :

1 ounce Minced Onions
1 ounce Butter
12 ounces Minced Mushrooms
4 fluid ounces Dry White Wine
1 tablespoon Flour
4 fluid ounces Heavy Cream
4 ounces Minced Ham
1 tablespoon Chopped Parsley
½ teaspoon Salt, to taste
¼ teaspoon White Pepper, to taste

Pheasant:

10 each Pheasant Breast
½ teaspoon Salt, to taste
¼ teaspoon Pepper, to taste
4 ounces Flour, as needed
6 ounces Dry Bread Crumbs, as needed
2 ounces Chopped Walnuts
6 fluid ounces Egg Wash, as needed
2 ounces Clarified Butter, as needed
1 ½ pints *Sauce Supreme, heated

1. To prepare the stuffing: Sweat the onion in the butter. Add the mushrooms and sauté briefly. Add the wine and reduce by half. Add the flour and cook for 3 minutes.
2. Add the heavy cream, ham, and parsley. Bring the mixture to a boil. Remove the mixture from heat. Adjust the seasoning with the salt and white pepper. Cool.
3. Flatten the Pheasant breasts with a mallet. Season with salt and pepper and dredge in flour; shake off the excess.
4. Place 2 tablespoons of stuffing on each supreme. Roll it up tightly. If necessary, cover each supreme with more breading. Chill for 30 minutes.
5. Combine the bread crumbs and chopped walnuts. Bread the pheasant using the standard breading procedure.
6. Pan-fry the pheasant in clarified butter until golden on all sides. Finish the pheasant in a moderate oven (350°F). Serve with the sauce supreme.

*Supreme Sauce

1 quart *Chicken stock
1 cup heated heavy cream
½ teaspoon salt
¼ teaspoon pepper
Roux – Enough to thicken sauce to coat back of spoon.

To make Roux *

Melt ¼ cup of butter.
Whisk in ¼ cup flour.
Cook stirring constantly for one minute.

1. Bring chicken stock to a boil, whip Roux into broth, work out all lumps.
2. Reduce heat to low.
3. Add heated cream and simmer for 30 minutes.
4. Strain sauce and adjust seasoning to taste with salt and pepper.