



Pheasant with Mushrooms and Cream Sauce

Try something different than the usual poultry this fall. Try this recipe for pheasant with mushrooms and cream sauce. Prepare a succulent pheasant instead.

Ingredients 2, 2- to 3-pound pheasants, quartered 6 T. flour 12 tsp. salt 12 tsp. black pepper 1/4 cup vegetable oil 1 1/2 cups mushrooms, sliced 2 bay leaves 1/4 cup Parmesan or Romano cheese, grated 2 T. fresh parsley, chopped

For Sauce 6 T. butter 6 T. flour 12 tsp. black or white pepper 1/8 tsp. nutmeg 1/4 tsp. dried thyme 1 1/2 cups 2 percent (or whole) milk or light cream 1 cup chicken broth 1 cup Swiss or Gruyere cheese, shredded 1/4 cup dry white wine 1 cup sour cream

Preparation

Rinse pheasant pieces and pat dry. In large, plastic food storage bag, combine flour, salt and pepper. Working in two batches, place pheasant pieces in bag and shake to coat.

In a large Dutch oven with a heavy bottom, heat oil over medium-high heat. Working in batches as necessary, brown pheasant pieces on all sides. Place browned pheasant pieces in a single layer in a baking dish. Place mushrooms and bay leaves on top of and around pheasant pieces.

To prepare sauce, melt butter over medium heat in medium-sized, heavy-bottomed saucepan. Stir in flour, pepper, nutmeg and thyme, and stir until smooth. Add milk or cream and chicken broth all at once.

Cook and stir until thickened and bubbly. Add cheese and wine, stirring just until cheese melts. Remove from heat and stir in sour cream. Pour sauce over pheasant pieces and mushrooms. Sprinkle with Parmesan cheese. Cover pan with aluminum foil and bake in a preheated, 325-degree F oven for approximately 1 to 1 1/2 hours or until pheasant pieces are almost tender. Remove foil and bake 30 minutes longer.

To serve, place pheasant pieces on warm serving platter, spoon sauce and mushrooms over, and sprinkle with chopped parsley. Serves 4 to 5.