

Phasant and Mushroom

INGREDIENTS

- 2 Whole skinless legs and skinless breast of Phasant., 2 of each-legs and breast.
- 4 Tablespoons butter
- 1 Tablespoon extra virgin olive Oil
- 3/4 Cup whole pearl onions, Or 1/2 diced yellow onions
- 5 cloves garlic, minced
- 5 or 6 whole Shiitake mushrooms , roughly cut
- 1 pint Crimini mushrooms (Or white), Sliced
- 1 Cup White wine (I used Sauvignon blanc)
- 1 Cup chicken broth
- 1/3 Cup fresh curly leaf parsley , finely chopped
- 2 Tablespoons cornstarch 2 Tablespoons water
- 2 Tablespoons Water
- 1 tsp. salt , as needed to rub the meat
- 1 tsp. pepper, as needed to rub the meat

INSTRUCTIONS

1. Prepare the Phasant:
2. Preheat a dutch oven (OR cast iron combo skillet or other heavy bottom skillet) on your stove to medium heat.
3. salt and pepper all sides of the meat.
4. Add 1 Tablespoon olive oil
5. Add 2 Tablespoons butter and stir until melted.
6. Put in the phasant legs first and sear two minutes on each sides. After one minute add the Phasant breasts. WATCH them. It's easy to overcook the breasts. Just sear until lightly brown but NOT cooked. (about 2 or three minutes) Scrape pan and stir in the bits.

7. Remove the pheasant from pan and set aside.
8. Add the remaining butter. When butter is melted add in the mushrooms. Stir occasionally and cook 5 minutes, covered, until partially cooked.
9. Add onions and garlic. Stir together with partially cooked mushrooms.
10. Turn the heat to high and Add the wine. Reduce the wine by half.
11. Reduce heat to medium high.
12. Add chicken broth, breasts and legs and cover them.
13. Reduce heat to simmer. Cook 20 minutes until pheasant is done. (Check a leg)
14. Add the corn starch mixture and cook until the sauce thickens.
15. Add fresh parsley until wilted.
16. Serve from the pot.

