

Introduction... ..

Over the years Kooch (and Mrs. Kooch) have been asked many many times if they had any pheasant recipes.

Within these pages you will find a multitude of recipes for pheasant and a few for walleye. Some of these recipes were submitted by:

Kooch's Wife, Lynette Kucera

Rick's Mother, Darnyta Kucera

Rick's Aunt, Orvilla Hanig

Rick's Sister, Linda Watson (Owner Operator, Owl's Crossing)

... .. and then compiled by Rick's Niece, Jennifer Kelly.

We hope you enjoy this collection!!

Ring-necked pheasant *Phasianus cochicus*

Identification Tips:

- Length: 27 inches
- Chunky, long-tailed, round-winged, ground-dwelling bird
- Small head and thin neck
- Immatures similar to adult female
- Some subspecies have green body or white wings, but are very locally introduced

Adult male:

- Green head
- Pale bill
- Un-feathered red facial skin around eye
- White ring around neck
- Golden plumage with bluish and greenish iridescence and black spots scattered throughout
- Long, pointed, golden tail feathers with black barring
- Spurred legs

Adult female:

- Buffy brown head and under parts
- Dark brown back with paler edgings and centers
- Black spots and bars scattered about head, neck and flanks
- Long, buff-brown, pointed tail
- Lacks spurs

Similar species:

Adult males are unmistakable. Female similar to a number of species of female grouse but has a much longer, pointed tail and bare legs. Female Sharp-tailed Grouse also has a pointed tail but is shorter-necked, has a slight crest, has white outer tail feathers, a shorter tail and feathered legs. Female Sage Grouse has a dark belly patch and feathered legs.

Life History Groupings

Migration Status: Permanent resident

Breeding Habitat: Grassland

Nest Location: N/A

Nest Type: N/A

Clutch Size: 6-15

Length of Incubation: 23-25 days

Days to Fledge: 12

Number of Broods: 1

Diet:

Almost Exclusively:

- Plant Matter

Lesser Quantities of:

- Insects
- Worms
- Snails

Fun Facts

-In 1944 there were an estimated 54.1 pheasants taken per hunter during the hunting season.

-There was a 10 pheasant bag limit in South Dakota in 1944 with a 5 hen limit.

-In 1998 there was an estimated 4,400,000 pheasants in the State of South Dakota.

-The 1997 estimated number of pheasants per mile (4.94) was the highest average of pheasants per mile in the State of South Dakota since 1963.

*Statistics from the South Dakota Game Fish and Parks

Barding a Pheasant

Fowl that is generally low in fat can be barded by placing strips of salt pork about ¼ inch thick or fat bacon between the legs and breasts and then cover the rest of the bird with salt pork.. Tie the bird with string after the salt pork is applied. In your recipes, cook with the salt pork in place and then discard the salt pork and the string after cooking is completed. This will add flavor to the bird as well as help to minimize moisture loss.

Your own Notes:

Kooch's Favorite

Pheasant Fillets
Sliced Sweet Onions
Thick sliced - uncooked bacon
1 stick margarine

Dust fillets with seasoned flour and pan fry in oil until golden brown. In crock pot or large cooker layer margarine, sliced onions, bacon and pheasant fillets, repeat until all ingredients have been used (we usually have 4 layers or so). Cook on low for 4 hours or until the onions are tender.

Optional - can use pheasant with bones but we much prefer the fillets.

Your own Notes:

Mrs. Kooch's Favorite - Honey Baked Pheasant

Legs & breast of 1 pheasant - we prefer using 2 to 3 birds with fillets meat only.

1/2 cup flour

1/2 cup chopped parsley

1 1/2 cup honey

1 cup butter (can use margarine)

Season the flour with salt & pepper. Dredge meat through flour. Dust the pieces with onion powder. Melt 3/4 cup butter in skillet over medium heat. Brown pheasant pieces and place in a lightly oiled 9 x 13 glass casserole pan. Sprinkle with parsley, Add honey & 1/4 cup butter to the skillet, mix well until butter is melted then pour over the pheasant (should come about halfway up on the pheasant) Seal the dish with aluminum foil. Bake 30 minutes at 350.

Optional - Use 1/4 cup slivered almonds - sprinkled over pheasant pieces before covering with honey & butter.

Your own Notes:

Pheasant in Creamy Mushroom Sauce

Serves: 3 Prep Time: 30 minutes Bake: 350° 1 ½-2 hours

- 2 ½ pounds pheasant (cut in 4-5 pieces)
- 1/3 cup chopped onion
- ½ cup apple cider
- 1 tablespoon plus Worcestershire sauce
- 1 clove garlic finely chopped
- 1 (10 ¾ ounce) can of condensed cream of chicken soup
- 4 ounces chopped mushrooms
- Paprika

Heat the oven to 350°. Place pheasant, breast side up, in un-greased square baking pan (9X9X2 inches). Mix remaining ingredients except paprika in a separate dish. Pour mixture over pheasant. Sprinkle with an ample amount of paprika.

Bake uncovered 1 ½ to 2 hours, spooning sauce over pheasant every 30 minutes until done. After baking pheasant for 1 hour, sprinkle with more paprika.

Your own Notes:

Braised Pheasant

Serves: 2 Prep Time: 45 minutes Bake: 2 – 3 hours

Clean pheasant and cut into pieces. Roll in flour and season with salt and pepper. Brown pheasant in skillet with hot fat (vegetable oil will also work). Place pheasant in baking dish with an inch of water (add more water for multiple pheasant). Cover and bake in oven at 300° until tender. During the last 45 minutes of baking, pour a cup of sweet or sour cream over the pheasant (add ¾ cup sweet or sour cream for each additional pheasant). When thickened this makes a delicious gravy. Serve with a wild rice dish.

Your own Notes:

Pheasants with Waldorf Stuffing

Serves: 8 Prep Time: 30 minutes Bake: 350°, 40-45 min

- 2 pheasant breasts cut up
- 1 apple, cored and chopped
- ½ cup chopped celery
- ½ cup butter or margarine
- 8 ounce package herb seasoned stuffing
- ¼ cup chopped pecans
- ¼ cup raisins
- 1 teaspoon grated orange peel
- ¼ teaspoon salt
- 1 cup chicken broth
- Salt and pepper to taste
- Bacon slices

Sauté celery and apples in large skillet using butter until tender. Stir in stuffing, pecans, raisins, orange peel, salt and chicken broth – mix thoroughly. Spread evenly in a greased 9X13X2-inch baking dish. Top with pheasant breasts. Sprinkle with salt and pepper. Top with bacon slices. Bake 40-45 minutes.

Your own Notes:

Pheasant in Parsley Sauce

Serves: 4 Prep Time: 30 minutes Bake: 350°, 1 – 2 hours

¼ cup butter
2 whole pheasants ready to cook
1 bunch fresh celery
3 medium onions, thinly sliced
¼ cup all-purpose flour
1 ¼ cup chicken stock (broth)
2/3 cup crème fraiche
Salt and pepper
Parsley to garnish

Preheat oven to 350°. Melt butter in a large flameproof casserole dish. Add pheasants and cook until browned all over. Remove and keep warm.

Separate thick parsley stalks from leaves and tie stalks together with string. Chop leaves and set aside. Add onions to dish and cook, stirring occasionally, 8 minutes or until soft and lightly colored. Add flour and cook, stirring, 1 minute. Gradually add chicken stock, stirring constantly until smooth. Bring to a boil and add bundle of parsley stalks. Add pheasants, cover and bake 1 hour or until tender.

Remove pheasants from dish and keep warm. Remove and discard parsley stalks. Add chopped parsley and crème fraiche to sauce and season with salt and pepper. Gently heat to warm throughout. Cut pheasants in half with kitchen scissors. Garnish with flat-leaf parsley sprigs and serve with sauce.

Recipe for Crème Fraiche:

In a small saucepan over low heat, warm 2 cups heavy cream to about 100°. Stir in ¼ cup buttermilk, then transfer the mixture to a glass or plastic container. Cover and set the cream in a warm spot, such as near a heater or sun spot by a window. Let it stand for 24 hours. The cream will thicken slightly. To thicken further, refrigerate for at least 4 hours before using.

To store: Refrigerate crème fraiche, tightly covered, for up to 10 days.

To make a low fat substitute combine ½ cup fat free sour cream, ½ cup 1% milk, and ¼ teaspoon sugar. Cover and let stand in a warm place overnight to thicken. Refrigerate overnight to thicken. Refrigerate for 4 hours before using. Cover and refrigerate for up to 2 weeks.

Pheasant with Sultanas

Serves: 2-3 Prep Time: 20 minutes Bake: 375°, 30-45 min

- ½ cup sultanas
- ½ cup medium Sherry
- ¼ cup olive oil
- 1 pheasant
- Salt and pepper
- 1 ounce pine nuts

A sultana is a small seedless yellow grape grown especially in the Mediterranean area and is used to make white wine or dried and used in cakes and puddings. A white raisin.

Preheat oven to 375°. Place sultanas in a small bowl and add sherry and leave to soak. Rub 2 tablespoons of oil over pheasant and season with salt and pepper.

Put pheasant in a roasting pan and roast for 30-45 minutes or until cooked through and tender. Just before pheasant is ready, drain sultanas, reserving sherry. Heat remaining oil in a skillet and cook pine nuts until golden. Add sultanas and cook 1 minute.

Carve pheasant and arrange on warmed serving plates. Scatter with pine nuts and sultanas and keep warm. Pour reserved sherry into roasting pan and heat, stirring to incorporate and sediment. Pour over pheasant and serve.

Your own Notes:

Broiled Pheasant

Serves: 4 Prep Time: 3 hours Bake: Grill/Broiler

2 cleaned pheasant cut in half at spine and between breasts

Salt and pepper

1 teaspoon minced garlic

1 tablespoon finely chopped lemon grass

1 teaspoon sugar

1 tablespoon fish sauce

1 tablespoon lime juice or vinegar

1-2 tablespoons vegetable oil

Lettuce leaves

Cilantro leaves to garnish

Spicy Fish Sauce to serve

Rub the pheasant with plenty of salt and pepper. In a medium bowl, blend garlic, lemon grass, sugar, fish sauce and lime juice or vinegar. Add pheasant, turning to coat in the mixture, then marinate 2-3 hours in the refrigerator, turning over occasionally.

Preheat grill or broiler. Brush pheasant with oil and cook over grill or under broiler 6-8 minutes each side, basting with remaining marinade during first 5 minutes of cooking. Serve pheasant on a bed of lettuce leaves, garnished with cilantro leaves, accompanied by Spicy Fish Sauce as a dip.

Spicy Fish Sauce:

2 cloves garlic

2 small red or green chiles, seeded and chopped

1 tablespoon sugar

2 tablespoons lime juice

2 tablespoons fish sauce

Using a pestle and mortar, pound garlic and chiles until finely ground. If you do not have a pestle and mortar, just finely mince the garlic and chiles. Place mixture in a bowl and add sugar, lime juice, fish sauce and 2-3 tablespoons water. Blend well. Serve in small dipping dish.

Your own Notes:

Pheasant Crepes and Sauce

Serves: 20 crepes Prep Time: 2 hours Bake: 350°, 1 hour

- 4 cups pheasant meat, cooked and chopped
- 1 can cream of mushroom soup
- ½ teaspoon Season-All
- 1 cup sour cream
- ½ cup condensed milk or half & half
- 1 cup mushrooms, sautéed in 3 tablespoons butter
- Onions (optional)

Combine cooked pheasant meat with above ingredients in a baking bag. Steam in the microwave until meat is tender. If needed, add chicken to make 4 cups.

Blender crepes:

- 4 eggs
- 2 cups flour
- ¼ teaspoon salt
- ¼ cup butter, melted
- 2 ½ cups milk

A crepe is a thin light pancake.

Blend. Chill the crepe mixture for 1 hour before baking, medium temperature. Mixture provides enough for approximately 20 crepes. Stuff the crepes with the pheasant mixture. Place on a baking dish and bake at 350° for 20 minutes.

Sauce:

- 2 packages dry chicken or turkey gravy
- 1 cup water
- 1 cup sour cream

Mix the sauce ingredients and cook over medium heat until thickened. Pour sauce over the baked crepes and serve.

Your own Notes:

Burgundy Pheasant

Serves: 4-6 Prep Time: 30 minutes Bake: Pressure Cooker

3 pheasants (breasts and thighs only)
1 or 2 onions cut in large pieces
Garlic Powder
1 generous cup burgundy wine
½ cup soy sauce
Fresh mushrooms (optional)

Cut breasts in halves. Put in pressure cooker with thighs and onion. Sprinkle with garlic powder. Add soy sauce and burgundy wine. Cook at full pressure for 18 minutes. If you wish to add mushrooms, sauté in butter and add after cooking the pheasant.

Serve over rice. White and wild rice is very good with this.

Your own Notes:

Pheasant in Sour Cream

Serves: 4-6

Prep Time: 20 minutes

Bake: 1-1 ½ hrs

2 Ring neck Pheasants
1 shallot, sliced thin
½ pound mushrooms, sliced
½ cup red wine
1 package onion soup mix
1 cup sour cream
1 cup chicken broth
Pepper, salt, thyme

Season the birds with pepper, salt and thyme. Brown them in a half stick of butter in a large skillet or Dutch oven. Mix the shallots, mushrooms, wine, onion soup mix and chicken broth and pour over the birds. Cover and simmer for one hour, or until birds are done. Remove birds, add sour cream to skillet, stir and simmer for a few minutes. Pour over pheasants and serve.

Your own Notes:

Pheasant with Juniper Berries

Serves: 2 Prep Time: 20 minutes Bake: Stovetop 2 hours

- 6-7 juniper berries
- 2-3 whole cloves
- 10 peppercorns
- 2 bay leaves
- 1 pheasant, quartered or halved
- All purpose flour
- 2-4 tablespoons butter
- 1 cup red wine or sherry
- 1 cup water

In a small bowl, crush together juniper berries and next 3 ingredients; set aside. Dust pheasant with flour. In a large skillet, brown pheasant in butter. Add crushed spices, wine, and water to skillet. Cover and simmer over low heat for 2 hours. Serve topped with pan juices.

A juniper berry comes from a kind of evergreen shrub. The oil from the berry is used to flavor gin and some other liqueurs.

Your own Notes:

Roast Pheasant

Serves: 3 Prep Time: 30 minutes Bake: 25 min / pound

You may bard the pheasant before preparing the recipe. See page 4 for barding instructions.

Preheat the oven to 400°. Stuff bird with Chestnut and Sausage Dressing (below) or other stuffing and place in a shallow baking dish, cover and place in oven. Immediately turn oven down to 350°. Bake for 25 minutes per pound.

Chestnut and Sausage Dressing

- 2 ½ cups cooked chestnuts
- ½ cup melted butter
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup cream
- 1 cup dry bread or cracker crumbs
- 2 tablespoons chopped parsley
- ½ cup chopped celery
- 1 tablespoon grated onion

Optional:

- ½ cup liver sausage
- ¼ cup chopped Chipolata sausage
- Or 2 cups raw or creamed oysters

Combine ingredients and stuff in bird(s).

Your own Notes:

Pheasant in Game Sauce

Serves: 10-12

Prep Time: 3 hours

Bake: 400°, 45-55 min

Preheat the oven to 400°. Clean and bard (see pg 4) 5 or 6 pheasants. You may also fill the cavity with salt pork, apple or onion slices to lessen the game taste. Discard these items after roasting. Roast the birds at 400° for 20 minutes. Remove meat from the bones. Keep the meat in as large pieces as possible. Strain the drippings and add the following ingredients and cook for 2 hours or until reduced about 1/3.

- 2 large chopped onions
- 2 cloves garlic
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 teaspoon thyme
- 1 small pinch rosemary
- 1 cup chopped celery
- 6 juniper berries
- ¼ pound ham trimmings
- 1 quart dry red wine
- 2 quarts water or chicken stock
- Stems from 2 pounds mushrooms (keep the caps)
- 3 fresh tomatoes

Strain the stock again and add ¾ cup cream sauce and the mushroom caps and ¾ cups red wine. Simmer for about 25 minutes. Season with some salt. Pepper to taste. Simmer to reduce 1/3. Add ¼ cup cognac and simmer for 10 minutes more.

In a 3 quart casserole dish add a layer of rice on the bottom and then arrange the meat on top of the rice. Pour the sauce over the meat and rice. Return to oven for 45-55 minutes at 350°.

Your own Notes:

Pheasant Smitane

Serves: 3

Prep Time: 1 hour

Bake: 45 minutes

1 3 ½ - 4 pound Pheasant (bared if desired)

Butter

4 cups diced tart apples

2 tablespoons cognac

2 cups cultured sour cream

Salt and pepper

In a heavy pan brown the pheasant in butter. Place the browned pheasant in a casserole dish with the drippings. Cover tightly and let simmer over low heat until tender – about 45 minutes. Add the rest of the ingredients and simmer over low heat until the apples are tender.

Your own Notes:

Smothered Pheasant

Serves: 3-4

Prep Time: 20 min

Bake: 325°, 1 – 1 ½ hr

Clean and cut pheasant in serving pieces. Roll in flour seasoned with salt and pepper. Brown the pheasant slowly, on both sides in ½ cup hot fat, turning over only once. Add 1 cup water, milk or cream; cover tightly and cook slowly or bake in moderately slow over at 325° until tender, about 1 hour. Serve with gravy made from the drippings. This recipe is best for older pheasants.

Your own Notes:
