



OUTDOOR OBSESSIONS

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Recipes

Wild Rice Pheasant

Erik Vrbas

2 pheasant breasts, cut in half
1 can cream of chicken soup
1 can mushrooms
1 can water chestnuts (opt)

1 can cream of mushroom soup
1 pkg Uncle Ben's Original wild rice
1 env Lipton onion soup

Fry breasts floured with salt and pepper in oil. Mix chicken soup, mushroom soup, rice, water chestnuts, mushrooms, with 2 ½ soup cans of water. Pour over breasts in a greased casserole dish. Sprinkle onion soup mix on top (do not mix in). Bake at 325° for 1 ½ hours. Enjoy!

Honey Pheasant

Maggie (Obbink) Butterfield

2 cups honey
½ cup flour
1 tsp onion powder

1 cup butter
¼ cup parsley
4 pheasant breasts and thighs

Filet breasts and thighs. Coat meat with flour. Dust pieces with onion powder and pepper. Melt ¾ cup butter on stove. Brown meat in butter and put aside. Sprinkle with parsley. Add honey and remaining butter to skillet. Melt together and pour over pheasant. Place meat in 9x13-inch dish, cover with foil and bake 30 minutes at 325°

Baked Pheasant with Wine

Greg Robinson

3 pheasant breasts
1 can mushrooms
2 cups chicken stock

6 medium potatoes, peeled/cubed
1 cup white wine
1 can cream of chicken soup

Sauté breasts in olive oil over medium high heat. Season with salt, pepper, sage, rosemary, paprika. After browning add wine, chicken stock, mushrooms. Heat through and remove breasts, placing them in a shallow baking pan along with the potatoes. Reduce the wine and stock for at least 3 to 5 minutes then add cream of chicken soup. Heat through for another 5 minutes. Pour reduction over breasts and potatoes. Bake at 375° for 45 minutes or until potatoes are fork tender.

Doves Broiled in Bacon

Anonymous

24 Dove breasts
1 Bottle (8-oz) Italian dressing

1 cup Dry white wine
1/2 lb Bacon

Parboil doves about 20 minutes. Drain and debone. Marinate doves in wine and dressing for 4 hours. Wrap each breast in 1/2 strip bacon. Place on charcoal grill and brown (or broil in oven).



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Roasted Quail with Mushroom Cream Sauce

Anonymous

4 whole quail
½ lb mushrooms, sliced
2 tsp butter
2 tsp oil
Salt and pepper

1 pkg wild rice and mushroom mix
3 tsp flour
2-3 cups heavy cream
2 slices bacon

Preheat oven to 450° Rub quail with oil, then salt and pepper. Tie legs together and place in a roasting pan with ½ cup water in the bottom. Place ½ slice bacon on each quail. Roast for 10-12 minutes or until interior temperature of breast is 150-155° Prepare wild rice and mushroom mix per the instructions provided. Sauté mushrooms in butter. When mushrooms are cooked and tender sprinkle with flour and stir. Add cream and remove from heat, stir until well blended. Add salt and pepper, return to heat, and bring to boil. Immediately remove from heat and stir. If too thick, thin with milk. Place wild rice on plate and quail on rice bed. Cover with cream sauce and server with favorite vegetables.

Baked Quail with Mushrooms

Anonymous

All purpose flour
½ tsp pepper
2 tbsps butter
½ cup butter
Hot cooked rice

1 tsp salt
6 quail, cleaned
½ lb fresh mushrooms, sliced
2 cups chicken broth
Cooking sherry

Combine 1/3 cup flour, salt, and pepper. Dredge quail in flour mixture and set aside. Melt butter in large skillet and brown quail on both sides. Remove quail to a 1 ½ quart casserole. Add ¼ cup plus 1 tbsp flour to drippings in skillet, stirring constantly. Gradually add chicken broth and sherry. Cook over medium heat, stirring constantly, until gravy is thickened and bubbly. Stir in mushrooms. Pour mushroom gravy over quail. Cover and bake at 350° for 1 hour.