

Pheasant Scutella

There are so many pheasant recipes that have been developed by hungry bird hunters who've just spent the day pounding through the tag alders or traversing up and down the Dakota hills. Many of these dishes are relatively quick, but tasty, nonetheless. While this recipe doesn't contain two of the staples of any respectable bird camp, bacon and cream of mushroom soup, it is quite simple and very fresh. Perfectly acceptable at either camp or in the middle of summer for a wonderful dinner.

This dish has Italian roots much like many of the finest shotguns we carry afield. We suggest enjoying this meal with a fine IPA or white wine. Accompany this dish with fresh baked bread and you've got the makings of a gourmet meal for camp.

INGREDIENTS

- 6 – Skinned and cleaned pheasant breasts (cut into $\frac{3}{4}$ inch cubes)
- 4 – Tablespoons of extra-virgin olive oil
- 2 – Garlic cloves minced
- 1 – 10 ounce can of diced tomatoes
- 8 – ounces of baby spinach
- 8 – ounces of sliced mushrooms
- Salt
- Pepper
- Parmesan block for grating

DIRECTIONS

- Heat a medium sized soup pot to medium heat, then add the olive oil, garlic and pheasant cubes along with desired salt and pepper.
- Sauté until the pheasant is no longer pink, roughly about 10 minutes.
- Next, add the tomatoes, spinach and mushrooms and allow the mixture to simmer gently while the pheasant absorbs all the wonderful flavors of the liquid. (15 minutes)
- Add salt and pepper to taste
- Serve with parmesan shaved over the pheasant scutella and accompany with fresh baked Italian bread.
- Delizioso! 🍷



