

# Game Bird Recipes



## Sautéed Upland Game Bird Quarters

### INGREDIENTS:

1-2 pheasants, chukar, or grouse quartered, or 4-6 quail halved  
2 tbs olive oil  
1 ½ tbs minced ginger or 1 tsp. Ground ginger  
1 tbs. Fish sauce  
½ tsp. Black pepper  
4-6 cloves garlic, minced  
1 tbs. Soy sauce  
½ cup sugar  
1-2 tsp chili garlic sauce  
1 tsp. MSG (optional)  
¼ cup chopped green onion tops

### DIRECTIONS:

Saute' bird pieces in olive oil, with garlic and ginger until almost done.

Add soy sauce, fish sauce, chili garlic sauce, pepper, MSG, and sugar, in that order, stirring all the time.

Continue cooking for 5-8 min. stirring well.

Remove from heat, add green onions and cover.

Serve with steamed jasmine rice and stewed cabbage or green beans.

## TREO's Pheasant Stew

3 (14 oz.) cans of chicken broth  
1 ½ lbs. of pheasant  
1 cup diced onions  
1 cup diced celery  
1 tsp. Salt  
1 tsp. Garlic powder  
½ tsp. Pepper  
2 cups sliced carrots  
1 (14-15 oz.) can drained, whole kernel corn  
1 (8 oz.) can tomato sauce  
1 cup medium spicy tomato salsa  
1 can (3 – 3 ½ oz.) chopped, mild, green chilies, do not drain  
¼ cup fresh cilantro, chopped

### DIRECTIONS:

Remove all dead skin and any visible fat before cooking. Serve this hearty dish with bowls of sour cream, chopped cilantro, olives, green onions, and shredded cheese. Bring the broth to a boil in a Dutch oven. Add pheasant, onion, celery, salt, garlic powder and pepper. Cover and cook over med-low heat for 45 minutes or until pheasant is tender.

Remove pheasant with slotted spoon. Let cool. Add potatoes, carrots, corn, tomato sauce, salsa, undrained chilies, and cilantro to Dutch oven.

Cover and cook for 20 minutes until the vegetables are almost tender.

Cut pheasant from the bones and add to the stew. This can be thickened and dumplings put on top for a main dish.

## Caribbean Spiced Upland Birds

### INGREDIENTS:

2-3 lbs. Of your favorite upland birds, cut into small serving pieces  
1 medium yellow onion, coarsely chopped  
6 large tomatoes, peeled and chopped, or 1 can (16 oz.) tomatoes with their juices  
½-1 cup water  
½ inch fresh ginger, peeled and chopped  
3-6 cloves garlic, minced  
1 tbs. Paprika  
1 tsp. Ground turmeric  
2 tsp. Whole cumin seeds, or 1 & ½ tsp. Ground cumin  
½ tsp. Ground cinnamon  
1 whole clove  
1 tsp. Salt  
½ tsp. Fresh ground black pepper  
2 tbs. Olive oil

### DIRECTIONS:

In a blender or food processor, combine the onion, garlic, ginger, paprika, turmeric, cumin, cinnamon, clove, salt, and pepper. Puree to a thick consistency. Using your hands, rub the mixture evenly all over the bird parts.

In a heavy skillet or Dutch oven, heat the oil over high heat until almost smoking. Add the meat a few pieces at a time and brown well on all sides. Remove to a platter. When all the meat is done, add tomatoes and ½ cup water to the skillet, and bring to a boil. Stir well, scrape all the brown bits off the bottom of the skillet. Return meat to pan. Cook on medium heat, turning occasionally for about 25-35 minutes. Add more water if needed to keep the mixture saucy. Serve hot, with red beans and rice, and greens.

## Curried Pheasant with Potatoes

### INGREDIENTS:

2-3 pheasant or grouse cleaned and quartered.  
1 tsp. Ground mustard seeds  
1 tsp. Ground coriander seeds  
4-6 cloves garlic, minced  
1 tsp. Chili garlic sauce  
1 tsp. Ground ginger  
1 tsp. Turmeric powder  
2 tbs. Magi seasoning  
1 tsp. Salt

Mix together all ingredients, except birds. Then use ¼ of the mixture to coat the birds. Let meat set for 1 hour.

3-4 potatoes, peeled and quartered  
2 tomatoes, quartered  
1-2 tbs. Madras curry paste (or curry powder)  
3 tbs. Olive oil  
Juice of 1 lemon  
Milk to cover

### DIRECTIONS:

In a large pot, heat the oil, and add the remaining mixture from the step above.

Simmer for 3-4 min., and then add the curry paste, potatoes, and bird quarters. Simmer uncovered for 30 min., turning often. Add lemon, tomatoes, and milk to cover all.

Cover the pot and continue to simmer for 45 min. Garnish with cilantro, and serve with French bread and greens.

## Pheasant a L'Orange

### INGREDIENTS:

2 oranges  
2 whole pheasants  
¼ cup butter  
4 tablespoons chopped celery  
½ teaspoon basil  
2 tablespoons parsley  
2 small onions  
1 pricked clove garlic  
2 4-oz. Cans drained mushrooms  
2 cups chicken bouillon  
4 tablespoons cornstarch

### DIRECTIONS:

Cut oranges in half, then squeeze out and reserve juice. Rub pheasant with rinds of oranges to obtain as much orange oil as possible. Grate rind of one orange and set aside.

Melt three tablespoons of butter in heavy eight-quart Dutch oven. Fry pheasant until it is delicate brown, then remove from Dutch oven.

Combine celery, basil, parsley, and 4 tablespoons melted butter. Place one onion and half the celery mixture in cavity of each pheasant. Place rack in Dutch oven. Place pheasant on rack, breast side up. Melt 2 tablespoons butter in Dutch oven. Add ¼ cup water and garlic. Reduce heat and cover. Brown mushrooms in 3 tablespoons butter. Add reserved orange juice and grated rind. Bring to boil. Stir in bouillon. Pour into Dutch oven. Simmer, covered, for total of 45 minutes.

Place Dutch oven in regular oven. Bake at 325 degrees for 1 ½ hours or until pheasant is tender. Pour off pan juices into saucepan. Return pheasant to oven to brown. Dissolve cornstarch in ½ cup water. Remove mushrooms from pan juices. Stir in cornstarch mixture. Cook over low heat until thickened. Add mushrooms. Serve gravy over pheasant.

## Caribbean Fried Pheasant

### INGREDIENTS:

2-3 pheasants or grouse or chukar, cut into small serving pieces (with the bones)  
3 green onions, including tops, chopped  
1 medium small, yellow onion, sliced  
1 cup chicken stock  
1 cup all purpose flour, mixed with: 1 tbs. Paprika, 1 tbs. Garlic powder, ½ tsp. Cayenne or other red chili powder, 1 tsp. Salt, and ½ tsp ground white pepper  
1 inch fresh ginger, peeled and chopped  
2 tsp. Dried thyme crushed, or the leaves from 3 sprigs of thyme  
1 whole Scotch Bonnet (habanero), or other fresh chili  
Peanut oil for frying

### DIRECTIONS:

In a large bowl combine the meat, the green and yellow onions, ginger, thyme, chili, and the chicken stock.

Toss to coat well, cover, and marinate in the refrigerator overnight, turning the pieces occasionally. When ready to fry, remove the meat from the marinade.

Place the flour mixture in a large plate or a paper bag and coat the meat well, setting the coated pieces aside.

In a deep-fryer or other heavy pot, pour in oil to a depth of 3 inches and heat until almost smoking, about 375 degrees F. Add the birds a few pieces at a time and fry until brown, crispy, and cooked through, about 10-15 min. Serve hot, with dirty rice, or mashed potatoes and gravy, and fried squash.

## Roast Pheasant with Creamy Apricot Sauce

### INGREDIENTS:

2 peeled carrots  
2 peeled onions  
2 celery stalks, quartered  
2 pheasants, 2 lbs. Each  
2 tablespoons melted butter  
1 tsp. Salt  
¼ tsp. Pepper  
4 slices bacon, halved

### DIRECTIONS:

Place a carrot, onion and celery stalk in cavity of each pheasant. Brush butter over surface of birds and sprinkle with salt and pepper. Place bacon across breasts and roast, covered, at 325 degrees for 2 hours or until tender.

Remove bacon and return, uncovered, to oven for 15 minutes. Discard vegetables, then make creamy apricot sauce. Serve.

### Creamy Apricot Sauce

1 tablespoon butter  
1 tablespoon flour  
1 tablespoon lemon juice  
1 ¼ cup whipping cream  
¾ cup apricot jam

Melt butter. Blend in flour. Add lemon juice. Gradually add cream. Stir and cook until smooth and thick. Blend in jam and heat until jam melts. Serve hot on roast pheasant.

## Pheasant Breasts baked in Wine

### INGREDIENTS:

4 pheasant breasts  
2 cups dry white wine  
2 cups sliced unpeeled red tart apples  
Salt and pepper to taste

### DIRECTIONS:

Bone pheasant breasts and place in shallow bowl.

Pour one cup wine over breasts.

Marinate for 3 hours in refrigerator.

Cover bottom of 9x13 baking dish with apple slices.

Place pheasant breasts on top of apples and season lightly with salt and pepper.

Place bacon strips on breasts.

Pour marinade and remaining wine over pheasant and cover.

Bake at 325 for 2 hours

Remove cover and bacon.

Bake 30 minutes more to brown.

Discard apples.

Serve with wild rice.

## Pheasant Tetrazzini

### INGREDIENTS:

3 cups diced cooked pheasants  
1 small onion finely chopped  
2 4-oz. cans sliced and drained mushrooms  
Spaghetti  
2 cups pheasant broth  
¼ cup milk  
10 oz. can cream of mushroom soup  
Velveeta cheese

### DIRECTIONS:

Put all ingredients except cheese and spaghetti in crock pot or oven.

Cook at low heat 6 to 8 hours in crock pot or in oven at 325 degrees for 2 to 3 hours

Pour over cooked and drained spaghetti

Grate cheese over top.

Broil lightly until brown.

## Pineapple Pheasant Supreme

### INGREDIENTS:

2 cup up pheasants, about 2 lbs. each  
¼ cup oil  
2 cored apples quartered  
4 small celery stalks  
¼ cup butter  
2 teaspoons salt  
¼ teaspoon salt

### DIRECTIONS:

Place pheasant pieces in roasting pan. Add oil. Arrange onion, apple and celery among pieces. Dot with butter and sprinkle with salt and pepper. Cover and bake at 325 for 2 hours or until tender. Drain off fat and discard vegetables and applies, then make pineapple sauce.

### Pineapple Sauce

2 tablespoons cornstarch  
2/3 cup brown sugar  
10-oz can crushed pineapple  
½ cup sherry or fruit juice

Combine cornstarch and brown sugar. Add pineapple. Stir and cook until thick and clear. Add sherry or fruit juice and heat. Pour over pheasant.

## **Gourmet Pheasant**

### **INGREDIENTS:**

3 small pheasants  
½ cup milk  
Salt & Pepper to taste  
2 apples peeled, cored and sliced  
2 onions thinly sliced  
2 tablespoons butter  
3 cups sour cream

### **DIRECTIONS:**

Brush pheasant inside and out with milk

Season with salt and pepper.

Stuff cavities with apple slices.

Cook onions in butter in deep, flame-proof casserole.

Brown pheasant in onion-flavored butter.

Pour sour cream over pheasant and season lightly with salt and pepper.

Bake covered at 375 degrees for 1 hour, basting every 15 minutes. Garnish with watercress.

## **Baked Pheasant with Wild Rice**

### **INGREDIENTS:**

1 pheasant  
Salt and pepper to taste  
Flour  
Cooking oil  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 small can mushrooms, drained  
1 8-oz package wild rice

### **DIRECTIONS:**

Cut pheasant into serving-sized pieces.

Season with salt and pepper. Roll in flour and brown well in small amount of oil in heavy skillet.

Cook wild rice according to package directions.

Combine the undiluted soups and mushrooms with cooked wild rice.

Spoon half the mixture into oiled 2-quart baking dish.

Arrange pheasant pieces on top of rice mixture.

Combine skillet drippings with remaining soup and rice mixture. Spoon over the pheasant.

Bake at 350 degrees for 45 minutes to an hour or until pheasant is tender

## #16 Dove and Pastries

### INGREDIENTS:

6-8 doves or dove breasts  
1 medium onion, chopped  
3-4 cups chicken broth  
2 stalks celery, including leaves, chopped  
1 carrot diced  
Frozen dumplings  
3-6 cloves garlic, minced  
1 tbs. Maggie seasoning  
½ tsp. Black pepper  
2 tbs. Butter or bacon grease

### DIRECTIONS:

Boil the doves in salty water and pick the meat from the bones. Shred the meat and set aside. Put chicken broth, butter (or bacon grease), pepper, garlic, maggi, and all vegetables into a large pot and bring to a boil.

Reduce heat to medium and simmer 20 min. Return pot to boil, and add dumplings one at a time so as not to stop the broth from boiling. When pot is almost full of dumplings, thicken broth with corn starch dissolved in ¼ cup water, if necessary, and remove from heat when it reaches the desired thickness. Return the meat to the pot and stir it in. Serve with rolls and mustard or collard greens.

## #17 Front-line Quail

This method of plucking and cleaning quail and other wildfowl was taught to me by a former South Vietnamese soldier. Dry pluck all the feathers you can then build a small fire and hold the quail by its legs over the flame. Singe off all the little aggravating feathers you can't ever get. Wash the quail then clean it, removing the lower legs and viscera, and then wash it again. "Somebody always had a shotgun, so we ate a lot of small birds. This was the number one way to take the feathers off," He told me that this recipe is the Chinese version and is better for white meat birds.

### INGREDIENTS:

6-8 quail, cleaned (skin on if possible)  
½ tbs. Five spice powder  
4-6 cloves garlic, minced  
2 tbs. Soy sauce  
3 tbs. Olive oil  
4-6 green onions (white end) smashed, and the chopped  
½ can coconut soda, or coconut juice with sprite

### DIRECTIONS:

Combine the five spice powder, garlic, soy sauce, and green onions into a paste and coat the birds with it, inside and out. Cover and let marinade for 2 hours (overnight is better). In a large skillet, heat the olive oil to medium high and lightly brown the birds on all sides. Then add the coconut soda and cover. Cook on low heat for about 45 minutes until sauce thickens. Add more coconut soda if necessary. To serve, cover a large platter with lettuce, then place sliced tomatoes and thinly sliced onions alternately around the outside edge of the platter. Place the birds in the center and pour the sauce all over everything. Serve with steamed jasmine rice or French bread to dip with.

## #18 Oriental Upland Salad

### INGREDIENTS:

1-2 pheasants, chukar, or grouse, or 3-5 quail, boiled in salty water, then picked from the bone, and finely shredded.

1 head of cabbage, sliced extremely thin, and separated

1 medium onion, sliced into very thin rings, and then halved and separated.

1/3 cup pickled carrots

1/3 cup chopped fresh mint leaves

1/3 cup pickled leeks, sliced up

¼ cup white vinegar

¼ cup water

¼-1/2 cup chopped cilantro

1 tsp salt

1 tbsp. Sugar

½ cup of Recipe #41 (no substitutes)

½ cup crushed, dry roasted peanuts

### DIRECTIONS:

Combine all the ingredients (except peanuts) in a large bowl, mix well, and refrigerate. Top with the peanuts and serve as a main course for lunch or as a side dish.

## #19 Oven Roasted Asian Quail

### INGREDIENTS:

6-8 whole quail, skin on (see recipe #17)

2-3 strips bacon, cut into thirds

3 tbs. Sesame oil

1 tbs five spice powder

4-6 cloves garlic minced

3-6 green onions (white end), smashed and finely chopped

1 tbs black soy sauce

½ tsp black pepper

1 tsp. Ground anise

### DIRECTIONS:

Combine all the ingredients, except the birds and the bacon, into a paste. Spread the paste all over the quail, inside and out and refrigerate for at least 2 hours.

Fold your bacon strips into as small a square as you can make, then secure to the top of each bird with a tooth pick.

Roast in a pre-heated 400 degree oven, basting twice for 20-30 minutes or until the skin is golden and crispy. Open the oven door 2-3 inches and broil (if necessary) to crisp the skin. Be careful not to burn the skin or the bacon. Serve with steamed jasmine rice, and cooked cabbage. Garnish with cilantro.



## #20 Partridge With Bacon Mushrooms and Spaetzle

### INGREDIENTS:

2-3 partridges (chukar), pheasants, or grouse  
1 8 oz. Pkg. Fresh mushrooms, sliced  
4-6 strips bacon cut into 1 inch pieces  
3-5 cloves garlic, minced  
1 large onion, coarsely chopped  
1 can cream of mushroom soup  
1 can golden mushroom soup  
2 tbs. Maggi seasoning  
½ tsp. Black pepper  
1 box Maggi Brand Spaetzle

### DIRECTIONS:

In a large crock pot, place the bacon pieces on the bottom, then add the birds, and the rest of the ingredients, except the spaetzle. Cover and cook on low for 5-6 hours, until the meat falls easily away from the bones. Remove the birds from the crock pot and allow to cool.

Pick all the meat off the bones and return to the crock pot and stir.

Prepare spaetzle per directions and spoon the partridge mix over the spaetzle.

Serve with rolls, red cabbage, and sauerkraut.

## #21 Pheasant Fijitas

### INGREDIENTS:

2-3 pheasants, chukar, or grouse, or 6 quail, deboned and cut into strips large enough for grilling.  
1 pkg. Fajita or tortilla wrappers  
1 red bell pepper, sliced into long thin strips  
1 green bell pepper, sliced into long thin strips  
1 large Vidalia onion, sliced into rings, and then in half  
2-4 large portabella mushrooms, sliced into long thin strips  
3 tbs. Olive oil.

### SEASONING MIX:

¼ cup pineapple juice  
2 tbs. olive oil  
3 tbs. Minced onions  
3-5 cloves of garlic, minced  
½-1 tbs. Texas Pete Sauce  
1 tsp. Salt  
1 tbsp. Sugar  
1 tsp. Corn starch  
¼-½ tsp. Black pepper  
1-2 fresh habanero peppers, minced  
5 tbs. Lime juice  
½ tsp. Cayenne pepper  
3 sprigs fresh chopped basil, or 1 tsp. Dried basil  
½ tsp. Oregano

### DIRECTIONS:

Combine all the seasoning mix ingredients, and coat the meat with the mixture. Refrigerate for 2 hours, then grill and keep warm, reserving the marinade. In a large skillet, heat olive oil and then quick fry all the vegetables. They should still be very firm, not soggy. Remove from heat and place in a large bowl. Heat fajita wrappers and serve all at once, buffet style. Garnish with sour cream, guacamole dip, salsa, diced tomatoes, grated cheese (cheddar & Monterey jack), and chopped cilantro. Serve with refried beans and Spanish rice.