

RECIPE BOOK



WOMEN *on the* **WING**

PHEASANTS FOREVER AND QUAIL FOREVER

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MULBERRY QUAIL

Recipe by Marissa Jensen



INGREDIENTS

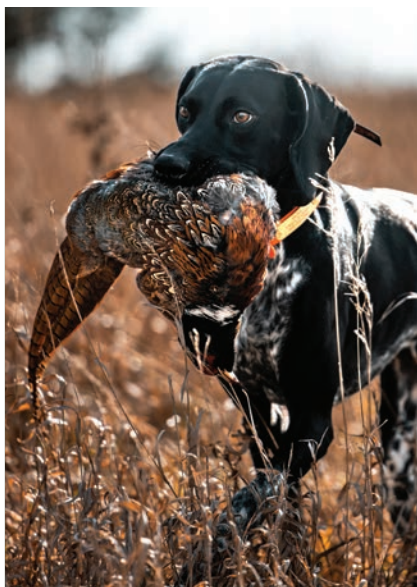
4-6 quail breasts
2 tablespoons olive oil
2 tablespoons unsalted butter
½ teaspoon salt
½ cup of freshly harvested or frozen mulberries
(stems are easier to remove if
mulberries have been frozen first).
¼ cup balsamic vinegar
¼ cup maple syrup
½ tablespoon fresh rosemary
1 shallot, diced

METHOD

1. Preheat oven to 350 degrees
2. Add 1 tablespoon of butter and 1 tablespoon of oil to skillet and preheat
3. Season quail with salt and add to skillet once butter and oil are melted and bubbling
4. Sear quail breast over medium to medium high heat until there is a nice golden-brown crust on both sides
5. Remove from heat and transfer to baking dish
6. Add the remainder of the olive oil and butter to the hot skillet
7. Turn down to medium heat and stir in shallots and continue to stir until golden and soft. Be careful not to overcook or it will take on a burned flavor
8. Add in mulberries and stir until further softened
9. Add ¼ cup balsamic vinegar, ½ tablespoon rosemary, salt and ¼ cup maple syrup
10. Stir ingredients until mixed thoroughly
11. Allow mixture to simmer for approximately 8 minutes. Keep a close eye to ensure mixture doesn't become hardened
12. Pour ingredients from the skillet over the quail in the baking dish
13. Bake for approximately 10 minutes or when quail is cooked to your satisfaction
14. Top with fresh rosemary and enjoy!

BACON STUFFED PHEASANT WITH MUSHROOM WINE SAUCE

Recipe by Katie Kauzlarich-Stockman



INGREDIENTS

4 bacon slices
4 boneless pheasant breasts
4 slices Gruyere or Swiss cheese
1 shallot, chopped
2 cups sliced fresh mushrooms
2 tsp. fresh thyme leaves
½ cup white wine
1 ½ cup chicken broth/stock
¼ cup heavy cream
1 tbsp. butter
Olive oil
Salt & pepper, to taste
Rice pilaf or wild rice

METHOD

1. Between two pieces of plastic wrap, pound pheasant as thin as possible without tearing and season with salt & pepper.
2. Brown bacon, remove from heat & drain. Remove most bacon fat from the pan and add a tablespoon of olive oil.
3. Lay the pheasant on a cutting board and add one slice of bacon & cheese cut to fit to each piece. Roll up from one end, tucking in the edges as you go and secure with toothpicks as needed.
4. Brown the stuffed pheasant rolls on all sides in sauté pan over medium high heat, a few minutes per side – be sure not to turn the meat until it releases from the pan. Once browned, transfer to a slow cooker.
5. Add a tablespoon of oil to the sauté pan if needed to cook the shallots and mushrooms, season with salt & pepper and cook until browned. Add the shallots & mushroom over the pheasant, sprinkle with thyme.
6. Over medium high heat, deglaze the sauté pan with white wine, scraping up any browned bits. Add the broth and simmer for 5 minutes or until reduced by half.
7. Remove from heat and stir in cream. Add the butter and stir until melted, pour over the pheasant.
8. Turn slow cooker on low and cook for 2-4 hours until tender & cooked through. Remove toothpicks and serve over choice of rice

SMOKED PHEASANT ON CROSTINI

Recipe by Rachel Bush



INGREDIENTS

4 smoked pheasant breasts
1 – 8 oz. package cream cheese, softened
1 small red onion, diced
1-2 diced jalapenos, to taste
Cayenne pepper, to taste
1 French baguette
Olive oil
Salt & pepper

METHOD

1. Preheat the oven to 350 degrees.
2. Slice the baguette diagonally and place on a baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Bake for 15-20 minutes.
3. Remove the pheasant breasts from bone if necessary and chop into small pieces.
4. Mix the pheasant, cream cheese, onion, jalapeno, and cayenne pepper with a mixer until smooth. Chill for 2-3 hours or overnight for best melding of flavors.
5. Serve the pheasant mixture on toasted crostini!

ARGENTINIAN BBQ QUAIL EN SALADA CRIOLLE

Recipe by **W WALTON'S**
Everything But the Mess



INGREDIENTS

Quail (or your favorite gamebird)
Argentinian style BBQ marinade
Avocados
Cherry tomatoes
Red onion
Cilantro
Lime
Olive oil
Chipotle Lime Sweet Rub

METHOD

1. Marinate the whole bird in the Argentinian BBQ Marinade, vacuum tumble for 20 minutes if possible, if not, let it sit in the marinade for at least 4 hours in the refrigerator.
2. BBQ over medium heat until internal temperature is 165°. You can finish it off at higher heat for a better char on the skin.
3. Cut vegetables into desired size, chop cilantro and mix all veggies with olive oil and Chipotle Lime Sweet Rub in a bowl.
4. Plate your quail and cover with the ensalada and enjoy!

COMPANY IS COMING PHEASANT

Recipe by Ann Hraychuck



INGREDIENTS

1 – 10 ½ oz. can Cream of Mushroom soup
1 – 10 ½ oz. can Cream of Celery soup
1 ½ cups milk
1 cup long grain white rice or wild and white rice mixture
1 envelope of dry onion soup mix
2 pheasants cut into serving pieces

METHOD

1. Heat the oven to 325 degrees.
2. Mix the soups and milk in a pot and bring to a boil.
3. Remove from heat and add the rice.
4. Pour the mixture into a 9x13 greased baking pan.
5. Lay the pheasant pieces over the mixture, sprinkle the dry onion soup mix over all of it.
6. Seal with aluminum foil and bake for two hours!

SPATCHCOCK QUAIL

Recipe by **W WALTON'S**
Everything but the Meat



INGREDIENTS

Plucked quail
Walton's Bold Barbequed Quail (BBQ) Rub
Excalibur's Sweet and Tangy BBQ Sauce

METHOD

1. Using sharp kitchen shears cut the backbone out of the quail.
2. Flip the bird over and press down sharply with the palm of your hand to flatten or spatchcock it (remove rib bones if desired).
3. Cover with Bold Barbequed Quail Rub.
4. One medium high heat cook for five minutes with breast side up.
5. Cover both sides with Excalibur's Sweet & Tangy Sauce.
6. Cook breast side down, with lid up for 2 minutes.
7. Cover both sides again and cook with lid down until internal temperature is 165 (2-4 more minutes).
8. Coat one last time if desired and serve!

BUFFALO PHEASANT SOMASA

Recipe by Emily Spolyar



INGREDIENTS

2 cups pheasant, cooked & shredded
1 cup Sweet Baby Ray's buffalo wing sauce & glaze
1 cup blue cheese dressing
1 cup cream cheese, softened
¼ cup green onions, diced
Egg roll wrappers
Ranch dressing or favorite dipping sauce
Oil for frying

METHOD

1. Heat the oil to 375 degrees in a deep fryer or heavy skillet.
2. In a bowl, combine the shredded pheasant, buffalo sauce, blue cheese, cream cheese, and diced green onions.
3. Place a ½ cup total of the mixture in the center of the egg roll wrappers. Wet the edges, fold, and place on a tray.
4. Freeze for about 10 minutes.
5. Fry the egg rolls for two minutes or until golden brown. Carefully remove the egg rolls and drain on paper towels.
6. Serve with dipping sauce of choice!

TWICE STUFFED QUAIL

Recipe by **W WALTON'S**
Everything But the Meat



INGREDIENTS

Buttery Garlic Wing Shake Seasoning
4 quails deboned
4 whole quail
Canola oil
Poultry ties
Garlic
Softened butter

METHOD

1. Debone 4 quail including the legs and add meat, with 1 tbsp of Buttery Garlic Wing Shake
2. Loosen the skin around the breast of the whole quails by gently pushing your finger between the meat and the skin
3. Rub the softened butter onto the breast meat, underneath the skin and then sprinkle on Buttery Garlic Wing Shake
4. Rub the outside of the Quail with Buttery Garlic Wing Shake
5. Heat enough canola oil in a cast iron skillet over medium high heat on a stove top. Add the Quail Sausage for 2 minutes to pre-cook it slightly and then stuff it into the cavity of the other quail.
6. Tie the quail by looping string around the wings and then below the breasts, cross the strings and go underneath the thighs and tie the ankles together.
7. In the still heated pan add 1 Tablespoon of butter right before you add the Quail and then the whole cloves of garlic next to the birds. Make sure you brown all sides thoroughly and occasionally pour small amounts of cooking wine over the birds.
8. Move your cast iron skillet to an oven preheated to 500° and cook until the breast and stuffing is 165° about 12-15 minutes.
9. Plate with wild rice and lemon slices and enjoy!

PHEASANT PARMESAN

Recipe by Renee Tomala



INGREDIENTS

6 pheasant breasts
Cooking oil, 1/4" in pan

Breading mixture:

3 cups of flour
1 cup panko
Optional 1 tbs. garlic powder
Salt, to taste
2 tsp. onion powder
1 large egg
1/2 cup milk

Sauce, amount as desired & prepared:

One onion, chopped
15 oz. tomato sauce
6 oz. tomato paste
1/2 tsp Italian seasoning
1 tbsp. dried parsley
2 cloves chopped garlic
Crushed red pepper flakes, to taste
1 tbsp. Worcestershire sauce
1 tbsp. white sugar
1/2 cup red wine
1/2 cup water
Salt and pepper, to taste

METHOD

1. Thoroughly mix the breading ingredients.
2. In a separate bowl, whisk egg and milk together.
3. Dredge the pheasant breasts in flour mixture, coat in the egg mixture, and dredge back in. Let rest for 10 minutes while heating the oil in a pan over medium-high heat.
4. Dredge once more in dry mixture and place the breasts in the pan spaced apart and cook until golden brown on both sides – approximately 2 minutes a side.
5. Remove from the oil and drain on a paper towel.
6. Sauté onion and garlic in olive oil. Add all sauce ingredients, simmer.
7. Place fried pheasant breasts over noodles and sauce, top with parmesan cheese and fresh basil!

GRILLED PHEASANT POPPERS

Recipe by Emily Lentz



INGREDIENTS

4 pheasant breasts
1 – 8 oz. package cream cheese, softened
4 jalapenos, sliced or diced
½ pound of bacon
¼ teaspoon smoked paprika
Pinch of brown sugar
Salt & pepper to taste

METHOD

1. Preheat grill to 350 degrees.
2. Flatten pheasant breasts.
3. Slice jalapeno peppers.
4. In a bowl combine cream cheese, smoked paprika, salt and pepper. Mix well.
5. Softly mix in sliced jalapeno peppers.
5. With a spoon smooth the mixture onto the flattened pheasant breast.
6. Pinch pheasant breast together and wrap each breast with 1 or 2 strips of bacon. Secure with a toothpick.
7. Top each popper with a pinch or two of brown sugar.
8. Grill for 30-40 minutes, ensuring the pheasant breast is fully cooked.
9. Remove from grill and let sit for 5 minutes.

INGREDIENTS

METHOD

WOMEN PF *on the* QF WING

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The reader assumes full responsibility for using their best judgment when cooking with raw ingredients such as wild game, wild game substitutes, or eggs, and seeking information from an official food safety authority if they are unsure. Readers must also take care to not physically injure themselves by coming into contact with hot surfaces, sharp blades, and other kitchen hazards. It is the responsibility of the reader to review all listed ingredients in a recipe before cooking to ensure that none of the ingredients may cause a potential adverse reaction to anyone eating the food based on recipes featured in this recipe book.