

### **Duck / Goose/ Pheasant Breasts**

Cut breast meat into small cubes. Soak in beaten eggs for at least 20 minutes. (For extremely tender meat soak overnight) Remove from egg mixture and roll in seasoned Italian bread crumbs. Brown the coated meat in butter or margarine in a frying pan over medium high flame.

Remove meat and place in an oblong casserole dish (single layer). Add 1 can of beef broth and 1 can of drained mushrooms (8-10 oz. Size or more if you like mushrooms)

Place thin slices of Muenster cheese over meat mix and cover with foil. Cook in oven at 350 degrees for 1 hr. and 20 minutes.

If you use pheasant instead of duck / goose switch from beef broth to chicken broth

### **Creamed Pheasant**

1/3 cup all-purpose flour, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1/4 teaspoon lemon pepper, 1/4 teaspoon garlic powder

1/4 teaspoon paprika, 1 dressed pheasant or substitute (1 1/2 to 2 1/4 lbs.), cut up, skin removed

3 tablespoons vegetable oil, 1 cup whipping cream

Heat oven to 300 degrees. In large plastic food-storage bag, combine flour, salt, peppers, garlic powder and paprika. Add pheasant pieces. Shake to coat. In 10-in nonstick skillet, heat oil over medium-high heat. Add pheasant pieces. Cook for 10 to 12 minutes, or until meat is browned, turning occasionally. Place pheasant pieces in a 2-quart casserole dish. Pour cream over pheasant pieces. Cover, bake for 1 to 1 1/2 hours, or until meat is tender.

Serves 3 – 4

### **Teriyaki Jerky**

1 pound of meat cut into strips, 1/4 cup soy sauce, 2 tablespoons brown sugar, 1/4 tsp. black pepper, 1/2 tsp. ground ginger, 1 tsp. ground garlic powder, 1 tsp. kosher salt

Marinate for two hours. Dry in oven, dehydrator or smoker