

Pheasant Schnitzel

Serves 2-4

Ingredients

- Filleted breasts from two pheasants, 1 cup all-purpose flour, 1 cup panko (may substitute with breadcrumbs), 3 large eggs, Dash seasoned salt & black pepper to taste, 2 cups vegetable or peanut oil (amount varies with depth of pan), 2 whole lemons quartered, Fresh parsley for garnish.
1. The secret to good schnitzel is pounding the meat to a thin, uniform thickness without tearing it up. Place each breast in a fold of plastic wrap (cling film) and pound gently but firmly with the flat (not toothed) side of the meat tenderizer. The goal is a flat piece of meat with uniform thickness around a 1/4" throughout. A pheasant breast has a thick (front) end and a thin (rear) end. The thick end will require more pounding.
 2. Blend salt & Pepper into flour and sprinkle into a flat bowl or plate large enough to hold 1 fillet.
 3. Separate eggs & place whites in a second bowl. (feed the yokes to the dog that retrieved the birds!). Using whites instead of whole-beaten egg make the crust lighter.
 4. Scatter panko or breadcrumbs in a 3rd bowl.
 5. In sequence, dip each breast in flour, egg white, and panko/breadcrumbs. Do not begin this step until ready to cook, to prevent crust from getting soggy.
 6. Add oil to frying pan and heat to 375* F. Cast iron works best as it retains heat. The oil should be deep enough to "float" each fillet.
 7. Fry each breast 1 or 2 at a time until crust is golden brown, about 2 minutes each. Remove and drain briefly on paper towels. Place on oven-proof platter and keep in warm oven until ready to serve.
 8. Garnish with parsley & lemon wedges.