



APRICOT GLAZED PHEASANT BREASTS

RECIPE BY CHEF JOE FOSSETT

🥄 PREP: 35 min COOK: 20 min
TOTAL: 55 min SERVES: 4

BREADED PHEASANT

4 pheasant breasts
2 cups buttermilk
1 cup flour
1 tablespoon salt
1/2 tablespoon freshly
ground black pepper
2 large eggs
1 cup water
2 cups bread crumbs
4 tablespoons olive oil
4 tablespoons butter

APRICOT GLAZE

1/2 cup brandy
18 ounce jar apricot preserves
18 ounce jar sweet orange preserves
Pinch salt
1 1/2 tablespoons cornstarch
1 1/2 tablespoons water

1. Fillet the pheasant breasts and pound each filleted breast using a meat tenderizer until tender. Place the tenderized pheasant in a large bowl and pour in the buttermilk. Let stand for 20 minutes.
2. After the pheasant is rested, heat the butter and olive oil in a large sauté pan over medium heat.
3. Combine the flour, salt and pepper in a large bowl. Whisk the eggs and water in a second large mixing bowl. Place the bread crumbs in a third mixing bowl.
4. Dredge each pheasant fillet first in the flour, then in the egg mixture and last in the bread crumbs, ensuring the meat is fully coated in each mixture.
5. Transfer the dredged pheasant fillets to the sauté pan and cook until browned on both sides and internal temperature reaches 165 degrees.
6. Begin preparing the glaze while the pheasant is cooking.
7. Flambé the brandy in a saucepan.
8. Add the apricot preserves and sweet orange preserves to the saucepan. Reduce heat to medium low and simmer until bubbly. Add a pinch of salt.
9. Whisk the cornstarch and water in a small bowl to create a slurry. Whisk the slurry into the saucepan and continue simmering the glaze until thickened.
10. Plate the breaded pheasant and top with the apricot glaze. Accompany with cooked asparagus and rice medley, if desired.