



## BIG APPLE STUFFED PHEASANT BREAST

### Big Apple Stuffed Pheasant Breast serves 6

6 pheasant breasts (skin on with wing bone attached)  
 2 apples (of your preference)  
 1 red pepper (diced)  
 1 shallot (finely diced)  
 salt & pepper (to taste)

Sauté apples, red pepper & shallots until slightly softened. Season & cool. Pocket each breast with a paring knife & stuff filling into each breast. Dredge breasts in seasoned flour. Shake excess flour & sear in a hot pan (with canola oil) with skin side down. Sear until

golden brown then turn breasts over & sear the other side for about 1 minute. Remove & Place on a baking sheet. Cook for about 5-8 minutes in a 400°F oven. Let breasts cool slightly for 2-3 minutes & cut in half for presentation.

#### Serving Suggestions -

- caramelized onion mashed potatoes
- fresh julienne vegetables
- sauce made from searing pan with Calvados, wine or water
- assorted seafood (mussels, shrimp, langoustines, etc.)

This recipe courtesy Executive Chef Steve Driver and Sous Chef Rusty Penno from Boffins.

*Boffins offers cooking classes to its members on a monthly basis. Classes range from themes such as Asian cuisine, East Indian cuisine and summer BBQing to bread making, soups and stews. Guests are taken through the process of preparing items from scratch with hands-on training.*

*Classes are both entertaining and informative, with on- and off-topic discussions featuring a wealth of knowledge and kitchen lore shared by both chefs and managers. The finale of the class comes when everyone is seated at a large table together and returns to the kitchen with plate in hand to sample the foods that have been prepared.*

*For schedules and costs contact Ray Dulos at 249-5344.*