



Round Hill Local Grocery

Taste Event with Chef Marvin Comacho

PHEASANT PESTO PASTA RECIPE

INGREDIENTS:

- 4 PHEASANT AIRLINE BREASTS, SKIN REMOVED**
- ¾ CUP OF WHITE WINE**
- 8 OZ FETTUCINE PASTA**
- 1 TABLESPOON OF OLIVE OIL**
- ½ OF AN ONION, CHOPPED**
- 8 MUSHROOMS, SLICED**
- 1 CUP OF FRESH SPINACH**
- ½ CUP OF WHITE WINE**
- ¼ CUP OF HEAVY CREAM**
- ¼ CUP OF PESTO SAUCE, (STORE BOUGHT OR USE RECIPE)**
- 2 TABLESPOONS OF GRATED PARMESAN CHEESE**

PREPARATION:

PLACE PHEASANT IN BAKING DISH, POUR ¾ CUP OF WHITE WINE. BAKE AT 350 DEGREES FOR 45 MINS. COOK FETTUCINE AS PER DIRECTIONS. HEAT OLIVE OIL IN SKILLET ON MED HEAT. COOK ONIONS UNTIL THEY ARE TRANSLUSCENT, (5 MINS). ADD MUSHROOMS AND SPINACH, COOK UNTIL MUSHROOMS ARE SOFTENED. POUR IN ½ CUP OF WHITE WINE, COOK 5 MINS. STIR IN HEAVY CREAM AND PESTO, COOK 1 MIN. REMOVE FROM HEAT, ADD PHEASANT, POUR OVER PASTA, SPRINKLE WITH PARM.

PESTO SAUCE RECIPE

INGREDIENTS:

- 1 LB FRESH BASIL, NO STEMS, PACKED**
- 1 CUP GARLIC, MINCED**
- 4 CUPS OLIVE OIL**
- 1 CUP GRATED PARMESAN CHEESE**
- 4 TABLESPOONS OF PINE NUTS**
- 4 TEASPOONS KOSHER SALT**
- 4 TEASPOONS GROUND BLACK PEPPER**

PREPARATION:

PLACE BASIL, GARLIC, PARM, PINE NUTS, SALT AND PEPPER IN A FOOD PROCESSOR. PULSE FOR 1 MINUTE.

HIT BLEND BUTTON AND AT THE SAME TIME STREAM IN THE OLIVE OIL UNTIL IT BECOMES A LOOSE PASTE

Products available in stock or by special order.
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HONEY-LEMON ROASTED PHEASANT

INGREDIENTS:

4 PHEASANT AIRLINE BREASTS, BONE-IN, SKIN ON

4 TEASPOONS OF KOSHER SALT

3 CUPS OF WATER

1 LEMON, HALVED AND JUICE RESERVED

TABLESPOONS OF HONEY

3 TEASPOONS OF FRESH THYME, CHOPPED

1 SPRIG OF THYME

½ TEASPOON OF GROUND CAYENNE PEPPER

PREPARATION:

WHISK WATER AND KOSHER SALT TOGETHER IN TUPPERWARE

BOWL. PUT PHEASANT IN BRINE, REFRIGERATE 4 TO 8 HOURS.

REMOVE PHEASANT, PAT DRY, LEAVE OUT 15 TO 20 MINUTES.

IN A BOWL COMBINE LEMON JUICE, HONEY, AND CHOPPED THYME.

PLACE PHEASANT SKIN SIDE DOWN IN A ROASTING PAN. TOP WITH

LEMON RIND, THYME SPRIG, AND GROUND CAYENNE PEPPER.

ROAST 20 MINUTES AT 450 DEGREES. FLIP PHEASANT OVER, BASTE

WITH LEMON/HONEY MIXTURE.

ROAST FOR ANOTHER 30 MINUTES,

**BASTING EVERY 10 MINUTES. ROAST
UNTIL FULLY COOKED 160 DEGREES**

**INTERNAL TEMP. REMOVE, LET REST
20 MINUTES BEFORE SERVING.**



PHEASANT SALAD

INGREDIENTS:

- 1/4 TEASPOON OF GROUND ALLSPICE***
- 1/4 TEASPOON OF GROUND BLACK PEPPER***
- 2 PHEASANT AIRLINE BREASTS, BONE IN, SKIN ON***
- 1 BAG SALAD MIX, (MESCULIN OR SPRING MIX LETTUCE)***
- 1 CUP RED CABBAGE, SHREDDED***
- 2 TABLESPOONS RASPBERRY FLAVORED VINEGAR***
- 3 TABLESPOONS OF WATER***
- 1 1/2 TEASPOONS OF VEGETABLE OIL***
- 1/4 TEASPOON OF KOSHER SALT***
- 1/8 TEASPOON OF GROUND BLACK PEPPER***
- 3 TABLESPOONS OF DRIED CRANBERRIES***
- 1 TABLESPOONS OF TOASTED HAZELNUTS OR ALMONDS***

PREPARATION:

Combine first 3 ingredients; rub over pheasant beneath the skin (skin should be loose). Place breast, skin side up, on a baking pan coated with cooking spray. Lightly coat breast with cooking spray. Bake at 400° for 45 minutes or until thermometer registers 160°. Let stand 10 minutes. Discard skin; thinly slice breast, and set aside.

Combine salad greens and cabbage in a bowl.

Combine vinegar, water, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper, stirring well with a whisk. Reserve 1 tablespoon vinaigrette; set aside. Pour remaining vinaigrette over greens mixture, tossing gently to coat. Arrange 2 cups greens mixture on each of 3 salad plates. Divide pheasant evenly among salads; sprinkle each with 1 tablespoon cranberries and 1 teaspoon hazelnuts. Drizzle reserved vinaigrette over salads.

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