
Pheasant and Bow Ties

Compliments of Three Cedars Retrievers

Ingredients:

2 Pheasant breasts (or 4 - Chukar breasts) cut into bite size cubes
2 tbls Kosher salt
½ cup White vinegar
2 tbls Olive oil
1 Clove of garlic (may substitute ½ tsp chopped garlic)
¼ cup Sun dried tomatoes (julienned)
1 pinch Red pepper flakes
1 jar Alfredo sauce (15 oz.)
¼ cup Basil pesto (jarred is fine)
½ cup Half & Half (we prefer fat free)
1 box Bow tie pasta
Salt to taste
Grated Parmesan or Asiago cheese to taste



Directions:

- 1) Combine salt and vinegar in a medium bowl to make a brine solution.
- 2) Add pheasant cubes.
- 3) Add water to completely cover pheasant meat.
- 4) Allow to soak in brine for 10 minutes.
- 5) Drain well.

- 1) Meanwhile set a pot of salted water to boil.
- 2) Heat a medium skillet over high heat.
- 3) Coat skillet with olive oil and add the drained pheasant cubes.
- 4) Sauté until meat is browned.
- 5) Add garlic, pepper flakes and dried tomatoes.
- 6) Sauté until garlic is cooked a bit.
- 7) Reduce heat to low.
- 8) Stir in the Alfredo sauce and Basil pesto.
- 9) Rinse the Alfredo jar with the Half & Half and add this mix to the skillet too.
- 10) Stir until heated through.
- 11) Add salt to taste.

- 1) Cook and drain the pasta.
- 2) Toss with the skillet mixture.
- 3) Serve with cheese to sprinkle on top.

- 1) *You can add some steamed broccoli or peas IF you can sneak them past your hunters.*

