

Pheasant (Poultry & Eggs)

Interesting facts: Pheasants have been in the United States for more than 200 years. Ring-necked Pheasants are often raised by growers as food and to introduce back into the wild for hunting.

How to select: Farm-raised pheasants are usually killed young, making them ideal candidates for dinner. You can find pheasant at your larger health food store or order online.

How to clean and store: Can be frozen for 3-4 months. If frozen allow to thaw in the refrigerator for 24 hours.

How to prepare and cook: Roast

Roast: Season the cavities and the outside of each of the 3 pheasants (about 1 pound each) liberally with salt and pepper. Divide 1 cup chopped onion and 1 cup chopped carrots equally among the cavities of the pheasants. Squeeze the juice from both halves of an orange and set aside. Cut 1 of the squeezed orange halves into 3 pieces and tuck inside of the cavities along with the veggies. Insert 1 sprig of thyme into the cavity of each pheasant. Arrange the pheasants in a large roasting pan, breast sides up. Lay 2 strips of bacon over the top of each pheasant, cutting the bacon into pieces if necessary to cover as much of the pheasant as possible. Roast for 15 minutes, then remove the bacon strips and continue roasting for approximately 30 to 40 minutes, or until the juices run clear. (It is important to not overcook the pheasants, as they are very lean birds.) Remove the pheasants from the oven and transfer to a serving platter, loosely tented. Let sit 5 minutes. Serve.