

POACHED PHEASANT BREASTS WITH CHAMPAGNE-BUTTER SAUCE

4 servings

4 Vermont farm-raised pheasant, boneless breasts

12 Tbsp (1 ½ sticks) unsalted butter, softened

1 cup dry Champagne (Brut) or dry white wine

3 Tbsp shallots, finely minced

¼ cup heavy cream

salt and freshly ground pepper

parsley, minced

Lightly coat bottom of a large (9-10") sauté pan with some of the butter. Remove skin from breasts. Place in pan, lightly sprinkle with salt and pepper, and add Champagne or white wine. Cover tightly. Poach breasts by simmering very gently three to four minutes per side, or until no longer pink inside. Remove breasts from pan, place on plate and wrap in aluminum foil to retain moisture, reserve in warm oven.

Increase heat to high, add shallots and cream to champagne or white wine, and reduce to 1/3 cup—about 7-8 minutes. Reduce heat to very low and swirl in butter, 1 tablespoon at a time. Remove from heat and strain out shallots. Season to taste.

Slice breasts on the bias and sauce lightly. Garnish with minced parsley. Delicious with saffron rice and asparagus spears drizzled with lemon butter.