

# Butter Pheasant

## INGREDIENTS

- 1.5lbs pheasant breast, cubed
- 2 medium onions, sliced
- 3 cloves garlic, smashed
- 2 inches ginger, roughly chopped
- 1 ½ tbsp garam masala
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp fenugreek
- 1 tbsp curry powder
- 1 tsp coriander powder
- 1 cinnamon stick
- 1 qt crushed tomatoes
- ¼ cup labneh, greek yogurt, or sour cream
- 4 tbsp butter, divided



MEET THE CHEF



**WADE TRUONG**

Wade is a lifelong Virginian, self-taught chef and hunter has been featured in The New York Times and Garden & Gun. His passion for cooking and sharing food is the foundation of his obsession with the outdoors and the resources they provide.

Wade believes every meal should be “enjoyed and celebrated, meaningful, and mindful.”

# Butter Pheasant

## SEASON, THEN SAUTÉ



1

Season the pheasant with salt and pepper, brown in a large saute pan, about 2 minutes per side, remove from pan and set aside.

## SAUTÉ ONION, GARLIC, GINGER



2

Sauté onion, garlic, and ginger in 2 tbsp of butter until fragrant and the onion begins to turn translucent.

## ADD TOMATOES & SPICES



3

Add tomatoes and all the spices, except the cinnamon stick. Simmer for around 10 minutes to allow the flavors to meld, adding a little stock or water if necessary, then remove from heat and allow to cool a bit.

## BLEND & PURÉE SAUCE



4

Transfer the sauce into a blender and purée.

## ADD PHEASANT BACK



5

Add the pheasant back to the pot. Simmer until cooked through, about 5 minutes.

## ADD LABNEH (OR SUBSTITUTE)



6

Add labneh, greek yogurt, or sour cream. Then add the remaining 2 tbsp of butter.

## ADD CINNAMON STICK



7

Add the cinnamon stick. Allow it to simmer for a few more minutes, and add water if necessary to bring the sauce to the right consistency. If your sauce is too thin, allow it to reduce.

## SERVE



8

Serve and enjoy.