

# Fried Pheasant Salad

A Great Light Dish

Ingredients:

-1 pheasant breast sliced into strips.

Batter:

-1 cup dry cooking sherry

-1 cup flour

-1 tsp. salt

-1 tsp. pepper

-pinch of paprika

Salad:

-1 bag of spring mix (example - organic gourmet baby greens)

-Caramelized sugared walnuts

In a hot pan, put in one cup of whole walnuts (no oil). Let walnuts get hot to the touch then add 1/4 cup of sugar and heat up until sugar starts to melt.

Sugar will get a bit stringy. Then put walnuts on a plate.

-Currants - Add just a little sugar to them

-Red onions

-Cherry tomatoes

-Salt and pepper to taste

Vinaigrette - Equal parts of white balsamic and light olive oil.

Instructions:

Combine the batter ingredients. Dip the pheasant strips into flour first then the batter and fry until golden. (355 degrees to fry). Toss the salad ingredients together. Top with pheasant strips and serve.

I hope you enjoy!!

-- Mrs. C.