

## PHEASANT SCHNITZEL



This is a simple and delicious way to use up pheasant breasts and popular with kids as well. Serve with sautéed potatoes and savoy cabbage.

Serves 4

### Ingredients

4 Pheasant breasts  
Milk to cover  
200g Dried breadcrumbs (not the bright orange ones!)  
2 eggs  
5 tbsp flour  
Salt & Pepper

### Method

Firstly remove the little mini fillet from the bottom of the breasts. Save these for a stir-fry. Put your breast between 2 layers of greaseproof paper then whack them thin with a rolling pin. This is great for getting out all that pent up angst we all seem to suffer from! When satisfactorily thin, soak in milk for an hour or two. This whitens the meat and if it is particularly gamey, makes the flavour milder for younger palattes.

Dry the meat off with kitchen paper, then arrange three flat bowls with seasoned flour, beaten eggs and lastly the breadcrumbs. Make sure you have a tray lined with greaseproof ready for the schnitzels.

If you are breadcrumbing by yourself (this is great to kids to get involved in by the way), try to keep one hand wet and one hand dry, otherwise you will end up with glue balls on the end of each of your fingers! Do one breast at a time. Dip into the flour, then shake off any excess. Dip in the egg, then lastly coat in breadcrumbs. If you have missed a bit, just re-dip in egg and back in breadcrumbs again. Lay out on the grease-proof.

When ready to cook and they are pretty quick, fill a big frying pan with 2cm sunflower oil and when it's hot add your schnitzel. After a minute or two, turn them over to do the other side. Eat immediately with a wedge of lemon.

**Note:** Join Our Game Cooking School--Learn how to make this and other delicious game recipes using fresh locally sourced ingredients at the Mike Robinson Wild Food and Game Cookery School. For further information please go to [www.wherewisemenshoot.com](http://www.wherewisemenshoot.com) or contact Richard on 07983 626761