Spanish Pheasant

A rustic, hearty dish perfect for cold-weather evenings

There's something timeless about a cast-iron pan filled with browning pheasant, winter vegetables, and a sweet-savory glaze that caramelizes beautifully in the oven. This Spanish-inspired take blends simple ingredients with bold flavor—perfect after a long day afield. Serve with a cool, creamy tomato–cucumber salad for a refreshing contrast.

Ingredients

Pheasant

- 4 pheasant breasts
- 1 tablespoon olive oil
- 3 tablespoons butter
- Salt & black pepper, to taste
- 1 onion, chopped
- 1 carrot, sliced
- 4 potatoes, cut into chunks
- 2 tablespoons teriyaki sauce
- 2 tablespoons sweet chili sauce
- 1 teaspoon mustard
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 2–3 cloves garlic, minced

Salad

- Cherry tomatoes
- 1 cucumber, diced
- 1/2 red onion, finely chopped
- Fresh dill, chopped
- Salt & black pepper
- 2 tablespoons mayonnaise

Instructions

1. Sear the Pheasant

1. Heat a large pan over medium heat; add olive oil and butter.
2. Season pheasant breasts with salt and pepper.
3. Sear until golden brown on both sides.
4. Remove pheasant and set aside.

2. Sauté the Vegetables

1. In the same pan, add the onion, carrot, and potatoes.
2. Cook until lightly browned.
3. Season with salt and pepper.

3. Prepare the Glaze

In a small bowl, whisk together:

- Teriyaki
- Sweet chili sauce
- Mustard
- Honey
- Soy sauce

- Minced garlic

Mix until completely smooth.

4. Bake

1. Spread the sautéed vegetables on a baking sheet.
2. Nestle the pheasant breasts on top.
3. Brush or pour the glaze generously over the pheasant.
4. Bake at **360°F** for **35–40 minutes**, or until the pheasant is cooked through and the vegetables are tender.

5. Make the Salad

1. Halve the cherry tomatoes.
2. Dice the cucumber.
3. Finely chop the red onion.
4. Toss together with dill, salt, pepper, and mayonnaise.
5. Mix until creamy and well combined.

Chef's Notes

- Substitute partridge, grouse, or chicken breasts if pheasant isn't available.
- Add smoked paprika to the glaze for extra Spanish character.
- A splash of white wine in the pan after searing adds depth to the vegetables.