

## Serving Suggestions for

### SMOKED PHEASANT

Or other Smoked Game Birds

**THE MOST IMPORTANT** thing to remember is:

Our **SMOKED PRODUCTS**

are already **FULLY COOKED!**

**PLEASE DO NOT ATTEMPT to RE-COOK**

**THESE SMOKED PRODUCTS**

because excessive drying will occur!

### The "EASY" WAY

Use this method for buffets, hors d'oeuvres, and sandwiches

Thaw bird in refrigerator before serving [this might take up to 2 days in some refrigerators!]. Attempts to "defrost" in a microwave may lead to drying out the meat—NOT GOOD! Our birds have been smoked under strict procedures to lock in the proper flavor, moisture, texture, and aroma.

Remove thawed bird from bag, slice cold, and serve. You may cut up bird into quarters or pieces and just slightly warm in a microwave.

### The "TASTY" WAY

Use this method for entrées

For a delicious "smoky twist", cut up carrots, potatoes, celery, and other vegetables of your choice and surround the FROZEN smoked pheasant(s) [or other game birds] with these veggies in a covered roasting pan with about 1/2" of water.

Place in oven on bottom rack and WARM at 250° F until vegetables are fully cooked.

Here's a hint for those "busy households":

In the morning before work, cut up your choice of fresh vegetables [or use a bag of frozen vegetables], add them to a crock pot surrounding the **FROZEN SMOKED PHEASANT**(s) [or other game birds] in 1/2" water. Cover the crock pot and place on LOW setting.

As the bird thaws, it will release its juices, helping to steam the vegetables while imparting a delicate smoky flavor.



## Nutrition Facts for Our Hickory Smoked Pheasant

Serving Size 4 oz. (113 g.)

Calories: 150 Calories from fat: 45

**AMOUNT PER SERVING** % Daily Value\*

Total Fat: 5g 8%

Saturated Fat: 2g 10%

Cholesterol: 71mg 24%

Sodium: 680mg 28%

Total Carbohydrates: 1g 0%

Dietary Fiber: 0% 0%

Sugars: 1g

Protein: 26

Vitamin A: 3% Vitamin C: 6% Calcium: 0% Iron: 8%

\*Percentages (%) of a Daily value are based on a 2,000 calorie diet.

YOUR Daily Value may vary higher or lower depending on your calorie needs.

All of the above data was collected and verified by an independent meat science laboratory and copies are in file in our corporate office.

## Toubl Game Bird Farms

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We Welcome

All Distributor Inquiries

Email us at: [FoodDistributors@toubl.com](mailto:FoodDistributors@toubl.com)

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800-875-0603

[www.toubl.com](http://www.toubl.com)

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# Phenomenal!

GAME BIRDS

by

# Toubl

From Our Egg To Your Table ~ Naturally Delicious!  
~ Since 1969 ~



## RECIPES and Serving Suggestions

For Additional Products  
& Product Information Including Nutritional Data

Phone: 800-875-0603

Monday-Friday ~ 9-4 ~ US Central Time

OR [www.toubl.com/recipes](http://www.toubl.com/recipes)

## Background Information On Cooking Game Birds

Even though game meats are extraordinary in nutrient values and sometimes uncommon in availability, as a consumer, there is no need to fear their preparation for the table. Quite often recipes for domestic fowl work well for pheasants, wild turkeys, and other farm-raised, all natural, free range game birds from Toubl Game Bird Farms.

**All Natural:** Fed an all grain diet with NO hormones or stimulants and “minimally processed” [no added water].

**Free Range:** Our meat birds NEVER see the inside of a barn after the brooding stage - their first 6 weeks - ask the competition if they can make that claim - **TRUTHFULLY!**

First, you will be starting with the finest quality, fully inspected game bird meats. Secondly, please remember that our game birds are raised on open range, allowing them to develop some fat while still maintaining their healthful lean meat qualities. This limited fat helps to keep moisture in the meat during the cooking process. Thirdly, because of this innate leanness, game bird meats should be slow-cooked [steam-roasted or stewed] rather than fast-cooked [pan-fried]. Finally, avoid over-cooking game bird meat. An internal temperature of 160°F measured at the junction of the drumstick and the thigh OR an internal temperature of 180°F in the thickest part of the breast with an accurate meat thermometer means the bird is fully cooked. All fowl should be measured at those locations, because the breast meat always cooks faster than the dark meat.

You can also experiment with your favorite sauces or marinades, but be careful not to overwhelm the natural flavor that comes to you right out of the package. Another misconception is that “fresh” is better than “frozen”. Freezing does wonders for extracting any possible “gamy taste” in game bird meats while preserving quality and ensuring wholesomeness.

Buying **FROZEN MEATS** from inspected suppliers is always SAFER than buying “Fresh”.

Ask yourself, ‘just how **FRESH** is “fresh”?’

These recipes are “universal” and can be used on a variety of fowl—both domestic and game.

### ROAST PHEASANT

1 pheasant [or wild turkey, partridge, quail]  
3 stalks of celery & 1 onion – chopped  
1 teaspoon salt  
1/8 tsp. Pepper  
4 strips bacon  
1 cup water

Remove pheasant from bag and giblets [if present] from body cavity of bird. Rinse bird inside and out with hot water and fill body cavity with chopped celery and onion. Rub bird with salt and pepper mixture and place bird in roasting pan with bacon strips across breast of bird. Add 1 cup of water to roasting pan. Roast in a 350°F oven on bottom rack with cover ON for an hour for each pound of weight [2 lbs. = 2 hours]. Baste with basting syringe occasionally. Check for doneness = 160°F at leg/thigh joint. When done, baste again, and roast uncovered [to brown skin] for the final 15 minutes. Remove from oven to clean platter, carve, and serve. Properly cooled leftovers may be refrigerated up to 7 days or frozen for future use.

If you prepare the giblets, boil to doneness in a sauce pan and serve alongside bird on platter or chop [all but the neck] and use for a stuffing mix. Save broth from cooking the giblets and slowly add a flour / water mixture [about a cup] while boiling and stirring constantly to make a rich pheasant gravy.

### Pheasant in Cream Or a Cream Soup

Cut up raw pheasant [or other game birds] into serving pieces [usually quarters]. Roll in a seasoned flour [salt, pepper, sage, and chervil (or parsley)].

Brown in hot fat [or cooking oil] for approximately 15 minutes. Place in a buttered casserole dish [or use a crock pot], cover with 1/2 to 1 cup of cream. Add more seasonings [sage, chervil / parsley, salt & pepper]. Bake in a slow [low heat] oven at 250° F [or the crock pot] covered for about 4-5 hours or until tender. Check for doneness = 160°F at leg/thigh joint.

The following method works great as a crock pot recipe for a working family. Place the whole bird or birds in a crock pot. Cut up about 3 large potatoes, 4 carrots, and 3 stalks of celery and place around birds. Add about a 1/2 cup of water and a can of your favorite “cream soup” [cream of chicken, celery, etc.]. Do not mix soup with water before adding to crock pot. Season skin of birds with salt, pepper, a little sage, and parsley flakes. Cover crock pot and cook on “LOW” all day. When you get home from work—dinner is READY!

### Pheasant with Brandy [This one takes a little more “culinary expertise”]

2 pheasants [or other game birds]  
2—3 ounce cans mushrooms  
3 cups croutons  
1/2 tsp. Chervil  
1/2 tsp. Marjoram  
1/2 tsp. Salt  
1/2 tsp. Pepper  
6 strips bacon  
1/2 cup orange juice (from frozen concentrate)  
1/2 cup red wine  
2 oz. Brandy

Combine mushrooms, croutons, and seasonings. Moisten with orange juice and a little brandy. Stuff birds, truss, and tie bacon strips onto breasts of birds. Secure on a spit [rotisserie] or place in oven at 350°F and roast until done. [160°F at leg/thigh joint—usually about 3/4 to 1 hour per pound of raw bird.] Oven times may vary so check with an accurate thermometer. Here’s the tricky part:: warm brandy, ignite, and pour “flaming” [be careful!] over the birds.

### Pheasant and Wild Rice Casserole

1 pheasant, cut up [or other game birds]  
1 medium size box of wild & long grain rice  
1 package dry onion soup mix  
1 medium can mushrooms  
1 medium can chicken broth  
1 small onion, chopped  
2 stalks celery, diced  
1 can cream of celery soup

Mix all ingredients together in a 2 quart casserole dish, placing the pheasant on top. Cover and bake in oven on bottom rack for 1-1/2 to 2 hours at 350° F . Remove casserole cover and pour 1 can of cream of celery soup over top of all ingredients. Replace cover and heat for another 15 minutes. Remove and serve. Check for doneness = 160°F at leg/thigh joint.

### Pheasant with Sauerkraut

1 pheasant [or other game bird]  
Flour  
Salt  
Pepper  
Shortening  
Sauerkraut

Cut pheasant into serving pieces. Coat with flour, salt, and pepper. Brown pheasant on both sides in roasting pan. Cover with sauerkraut and bake at 350°F until done = 160°F measured at leg/thigh joint or 180°F in breast.