

Stir-Fried Pheasant and Mushrooms

- 1 cup regular long-grain rice
- 2 whole large pheasant breasts
- 2 tablespoons soy sauce
- 2 tablespoons cooking or dry sherry
- 2 teaspoons cornstarch
- 1 teaspoon minced gingerroot or 1/4 teaspoon ground ginger
- 1/4 teaspoon sugar
- 1/8 teaspoon garlic powder
- 1 pound medium mushrooms
- 4 green onions
- salad oil
- 1 cup frozen peas, thawed

About 30 minutes before serving:

Prepare rice as label directs; keep warm.

Meanwhile, cut each pheasant breast lengthwise in half; remove skin and bones. Then, with knife held in slanting position, almost parallel to the cutting surface, slice across width of each half into 1/8-inch-thick slices. In medium bowl, mix chicken, soy sauce, sherry, cornstarch, gingerroot, sugar, and garlic powder; set aside.

Thinly slice mushrooms; cut each green onion crosswise into 3-inch pieces. In 12-inch skillet or wok over medium-high heat, in 1/4 cup hot salad oil, cook mushrooms and green onions, stirring quickly and frequently, until mushrooms are tender, about 2 minutes. With spoon, remove mushroom mixture to bowl.

In same skillet or wok over high heat, in 3 more tablespoons hot salad oil, cook pheasant mixture, stirring quickly and frequently, until pheasant is tender, about 2 to 3 minutes. Return mushroom mixture to skillet; add peas; Frieheat through. Serve with rice. Makes 4 servings.

This is great with chicken after the pheasant runs out. Bring a couple of boxes of instant rice and the pheasant mixture on a camping trip and you've got a delicious hot meal.

Enjoy!!

-- Mrs. C.