

Upland Stir Fry



Serves: 4-6

1 cup buttermilk baking mix
1/2 tsp. pepper
3/4 - 1 lb. diced uncooked pheasant (or other upland bird)
2 eggs, slightly beaten
1 tab peanut oil
3 medium carrots, cut diagonally into 1/2 inch pieces
1 green pepper, cut into strips
1 small onion, thinly sliced and separated into rings
2 tabs water
3 tabs peanut oil
3/4 cup chicken broth
2 tabs teriyaki sauce
Hot cooked rice

In large plastic bag, combine baking mix and pepper; shake to mix. Set aside. Combine pheasant meat and eggs; stir to coat meat with egg. Put pieces of pheasant in plastic bag and shake to coat. In wok or large skillet, heat 1 tabs oil over medium high heat until hot. Add carrots; cook and stir for about 2 minutes. Add green pepper and onion. Cook and stir for 1 minute longer. Add water; cover. Steam for 3-4 minutes, until vegetables are tender-crisp. Remove vegetables from wok and keep warm. Add 3 tabs oil to wok; heat over medium heat until hot. Add pheasant; cook and stir until golden brown and no longer pink in left. Combine chicken broth and teriyaki sauce; pour over meat. Return vegetables to wok, cook and stir until heated through. Serve with rice.