

CAJUN PHEASANT PASTA

Ingredients

5-6 pheasant breasts

½ bottle blackening spice (Paul Prudhomme's Redfish Magic)

2 tablespoons extra-virgin olive oil

3 tablespoons minced garlic

3oz roughly chopped marinated sun-dried tomatoes

¼ cup white wine

3 cups heavy cream

¾ cup grated Parmesan cheese

1 teaspoon ground pepper

1 pound cooked Rigatoni

½ cup sliced scallions (optional)

Directions

Preheat the oven to 350 degrees F.

Dredge pheasant breasts in blackening spice and place in cast iron skillet over very high heat. Blacken both sides of the breasts and place in the oven for 10 minutes, or the internal temperature of the pheasant reaches 165 degrees on an instant read thermometer. Slice into strips and set aside.

In a sauté pan over medium heat, add 2 tablespoons of olive oil. Add garlic and lightly caramelize. Then add the sun-dried tomatoes and the pheasant slices. Deglaze the pan with the white wine. Add the heavy cream, increase the heat to a simmer, and reduce the cream sauce by half.

When the cream sauce is to desired consistency, stir in ½ cup Parmesan, pepper, and pasta.

Nest the pasta on plates, pour sauce over pasta, and garnish with scallions and the remaining ¼ cup parmesan.