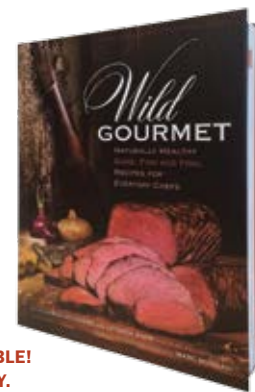




Wild GOURMET

NATURALLY HEALTHY GAME, FISH, AND FOWL
RECIPES FOR EVERYDAY CHEFS



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Wild Gourmet has over 60 recipes for all types of wild game, fish, and fowl. Also Included is a beautiful pull-out meat poster with cuts, butchering information, and cooking techniques.

**Associates Pay Only – \$27.95
REGULAR PRICE \$34.95**

Pan-Seared Chukar Breast with Lemon Vinaigrette

SCOTT LEYSATH
THE SPORTING CHEF

8 Whole chukar breasts, skin on or off
Kosher salt and freshly ground black pepper

LEMON VINAIGRETTE

3 Garlic cloves, minced
¼ Cup freshly squeeze lemon juice
3 Tablespoons white wine vinegar
1½ Teaspoons Dijon mustard
¾ Teaspoon granulated sugar
⅔ Cup extra virgin olive oil
¼ Cup fresh basil leaves, chopped
2 Green onions, chopped
Kosher salt and pepper, to taste

SUGGESTED WINE VARIETALS

WHITE

Chardonnay \ Sauvignon Blanc \
Viognier

RED

Merlot \ Pinot Noir \ Zinfandel

Harvesting a limit of chukars is a daunting task, considering the work that goes into chasing these elusive birds up and down ankle-twisting rocky hills. Fast fliers and runners, chukars are very low in fat and will dry out if overcooked. The cure for dry and chewy upland birds is not to drown them in a slow-cooker with cream of mushroom soup until they fall off the bone. A medium-hot skillet, a spirited vinaigrette and proper cooking time will insure a moist, tender, and tasty bird.

Don't discard the legs and carcasses of upland birds. Roast along with celery, carrots, and onions before placing into a stock pot and covering with cold water. Heat until almost boiling, then reduce heat to a low simmer and leave the uncovered pot alone for several hours, overnight is fine as long as the heat is low and there is plenty of water in the pot. Cool and strain through a cheesecloth-line colander for an incredible stock or broth.

LEMON VINAIGRETTE

1. Whisk together **garlic, lemon juice, vinegar, Dijon mustard,** and **sugar** in a medium bowl. While whisking, add **olive oil** in a thin stream until emulsified. Whisk in **basil** and **green onions**. Season to taste with **salt** and **pepper**. Divide vinaigrette in half.

CHUKAR

- 1.** Season **chukar** liberally with **salt** and **pepper**. Place in a non-reactive container or heavy-duty zipper-lock bag and toss with one-half of the **vinaigrette**, reserving the other half for later. Refrigerate for 2 to 3 hours, tossing to coat evenly every hour or so.
- 2.** Remove chukar from vinaigrette. Heat a thin layer of **oil** in a large skillet over medium-high heat. Add **chukar breasts** and brown evenly on both sides. Just before removing from the skillet, baste with reserved marinade.
- 4.** Serve over vegetables, pasta or rice. Spoon warm pan sauce over the top.

SERVES
4