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RACKS Recipes: Fowl

Ruffed Grouse Breasts

boneless breast halves (grouse, duck or pheasant)
8 slices bacon
1 lb. breakfast sausage
1 c. wild rice
3 c. bread cubes
1/2 c. chicken broth
1/2 onion, diced
1/2 green pepper, diced
1/4 cup minced parsley

MUSHROOM SAUCE:

1/2 c. sliced mushrooms
1/2 stick butter
1/4 c. flour
1/4 tsp. white pepper
3/4 c. chicken broth
1/2 c. Half and Half

Prepare stuffing by browning sausage, onions and green pepper and drain off fat. Boil rice until done. Mix bread cubes and chicken broth until moist then add sausage and rice, mixing thoroughly. Place 1/4 of dressing mixture on top of each of 4 breast halves. Cover with four other breast halves. Wrap each with 2 slices bacon and fasten with toothpicks. Bake in 350 degrees for 1 1/2 hours or until tender.