

Baked Pheasant with Apples and Hazelnuts

1 MacFarlane Pheasant 2.5-3 lbs, cut into serving pieces
2 tart apples, peeled and cored (such as Honey Crisp or Granny Smith)
Canola oil, as needed
2 small onions, quartered 3 stalks celery sliced ½ inch wide
1/2 cup pheasant or chicken **stock** 1 tbsp honey
2 tbsp Worcestershire sauce
Nutmeg
2 tbsp toasted hazelnuts - chopped
Salt and pepper to taste

Preheat the oven to 350 F. Heat a medium non stick skillet, add oil and fry the onions and celery to pan to brown lightly, spread evenly over the bottom of a 9 x 13 inch casserole. Then fry the pheasant, turning occasionally until skin is golden & crispy and place the pheasant on top. Tuck the apple slices in and around pheasant. Mix the stock, honey and Worcestershire sauce and spoon over pheasant pieces. Sprinkle with nutmeg, salt and pepper, cover and bake for 90 minutes or until tender. Sprinkle with nuts and serve – feeds 4 people.