

## **STEWED PHEASANT WITH DRIED FRUIT**

*2 servings*

1 - 2 lb. Vermont farm-raised pheasant, whole

2 tsp. olive oil

1 onion, vertically sliced

2 garlic cloves, minced

2 cups gamebird or chicken stock

12 dried apricots, slivered

12 prunes, halved

¼ cup sherry vinegar

salt and pepper

chopped parsley

Heat olive oil in large sauté pan. Lightly brown pheasant on both sides, remove and set aside.

Add onions and garlic to pan, sauté until golden. Add stock, apricots, prunes, and sherry vinegar to pan and bring to a boil. Reduce heat; return pheasant to pan and cover. Simmer 25-30 minutes until pheasant is cooked. Season with salt and pepper to taste. Remove bird from the pan.

Reduce sauce to medium consistency. Pour over pheasant. Garnish with parsley.

Goes well with white or wild rice with pistachios.