

ELK STEW WITH HAZELNUTS AND WILD MUSHROOMS

SERVES: 2

INGREDIENTS

- 1 lb elk meat, cubed
- 1/2 cup hazelnuts, chopped
- 1 onion, diced
- 2 carrots, sliced
- 1 cup wild mushrooms
- 1 cup red wine
- 2 cups beef stock
- 2 tablespoon flour
- 2 tablespoon olive oil

METHOD

1. Brown elk in oil, remove.
2. Sauté onion, carrots, and mushrooms.
3. Add flour, then wine and stock. Simmer for 2 hours.
4. Stir in hazelnuts.