

# WOOD PIGEON

## ROAST



### FOR BEST RESULTS, ROAST THIS CUT

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

*Jeff Baker*

Executive Development Chef

### METHOD

- 1 Remember to remove your bird out of the packaging, pat dry and bring to room temperature.
- 2 Pre heat your oven to 200°C temperature fan assisted or 215°C without a fan (gas mark 7).
- 3 Traditionally we cover the bird with dry cured streaky bacon and tie with butchers twine, alternatively I simply massage some softened seasoned butter all over the bird, sea salt, thyme leaves and cracked white pepper.
- 4 Choose a heavy based roasting tray, ideally with deep sides and handles for easy movement.
- 5 Make a trivet by roughly chopping equal amounts of onion, carrot and celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of thyme and a few peppercorns, another nice addition can be a few dried fruits such as prunes and fig popped into the birds cavity.
- 6 Next sear the birds in a hot frying pan in a little goose or duck fat until rich and golden.
- 7 Then Place the birds breast up onto the trivet which should line the base of the tray, add 150ml rich red wine to the tray.
- 8 Place in centre of oven and roast for 16 to 20 minutes until reaching our recommended optimum core temperature of 62°C.
- 9 Remove from oven and pop onto a clean tray and keep warm by covering with a sheet of tin foil then resting for a minimum of 10 minutes before carving, leaving the roasted vegetables in the tray for the gravy.
- 10 For the gravy make up 350ml of Essential Cuisine chicken stock, then deglaze roasting tray a glass of red wine and reduce to a syrup stirring all the caramelized juices from the tray, add the stock and bring to boil, then pass through a fine sieve pushing all the juices from the vegetables into a clean sauce pan, bring to the simmer and thicken if required by whisking in a teaspoon of corn flour mixed with a little cold water and reduce till you reach a rich glossy gravy.

### SERVING SUGGESTION

Serve with buttery mash potato, roast parsnips and watercress.

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