

Dish
of the
Month

Roasted wood pigeon
with warm mulled wine jelly



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Ingredients

Serves: 2 people

2 wood pigeon crowns
1 x 750ml bottle of red wine
1 ficelle baguette
5gms Agar Agar powder
60g Demerara sugar
1 cinnamon stick
2 oranges quartered
60ml brandy (optional)

- 1:** To make the mulled wine jelly warm the red wine, Demerara sugar, cinnamon stick, oranges and the optional brandy, then separate 540mls and chill. Reduce the remaining wine mixture to syrup.
- 2:** Thinly slice the ficelle and brush over olive oil. Season with salt and pepper (you could also sprinkle with some thyme). Then dry in a low oven till crispy.
- 3:** To finish the jelly take the Agar Agar powder then add it to the chilled mulled wine and bring to the boil stirring continually. Pour into a dish lined with cling film and cool.
- 4:** To cook the wood pigeon heat an oven to between 60 and 70 degrees and place into the oven for 45 minutes or if you have a digital probe until the breasts are 52 degrees.
- 5:** While the pigeon is cooking cut the jelly into a desired shape and place into the oven to warm through. The jelly won't melt as long as the temperature is less than 85 degrees.

- 6:** When the pigeon is cooked carve the breast off the bone then place into a hot non-stick frying pan skin side down to crisp up the skin.
- 7:** Now you're ready to plate up; place the warm jelly on first, put the wood pigeon on top, spoon the syrup around the plate or along the side of the meat, then garnish with the crisp ficelle and enjoy.



by Andrew Gibney

Zest
Caterers