



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Warm Glazed Pigeon Breasts on a Salad with Hazelnuts, Pancetta and Beetroot Dressing

Ingredients

4 Pigeon 1 per person
50g Red Chard or Rocket leaves (or a mix)
25g whole Hazelnuts
75g Pancetta
50g cooked beetroot or cook fresh beetroot
15ml oil for the beetroot

Stock

Pigeon carcass
1 Onion quartered
1 carrot diced
1 stick of celery chopped
5 black peppercorns
2 cloves garlic unpeeled
1 teaspoon of tomato puree
750ml water
Bay leaf
50ml Maderia

Rapeseed oil for dressing and cooking



Method

Trim the breasts from the pigeon. Remove any fat on the meat. Brown the carcass of the pigeon in some oil in a pan, add some onion, celery, carrot and a bay leaf. Add 750ml of water with the tomato puree and peppercorns, bring to the boil. Simmer and skim regularly for 1½ hours, strain and cool.

Chop the pancetta into lardons (small cubes/strips) and fry until crisp, drain on a paper towel. Roast the hazelnuts in an oven 150C/225F/Gas Mark 5 for 5-10 minutes until evenly brown, cool.

Boil the beetroot until tender, cool and peel. Dice into small cubes and mix with the oil.

Reduce the stock by a quarter, add the Maderia and reduce by half, creating a glaze. Heat a frying pan until moderately hot. Fry the pigeon breasts in a little oil for 2 minutes on either side, do not allow the meat to burn but to go a golden brown colour, and brush with the glaze before serving.

Mix the nuts, pancetta with the chard or rocket leaves. Place in the centre of the plate. Put the beetroot around the salad and place the pigeon breasts on top of the salad.

Other information

Serves 4

Preparation time – 30minutes

Cooking time – Stock 1½ hours and preparation of the beetroot, pancetta etc
- finishing cooking time 20 minutes