

The Masons Arms

Fabulous food and a traditional local



Breasts of Wood Pigeon with Blueberry Jus



Ingredients (x 4 Portions)

8	Skinned Wood Pigeon Breasts
2	Raw Beetroots (300g)
50g	Soft Dark Brown Sugar (Half for the purée and half for the sauce)
200ml	Double Cream
100ml	Red Wine Vinegar (Half for the purée and half for the sauce)
50g	Caster Sugar
100ml	Dark Chicken or Veal Stock
100g	Picked Salad Leaves
50g	Blueberries
1	Large Potato

Method:

The Beetroot Purée

In a pan cook the beetroot on a low heat, covering them with water, add a pinch of salt, and leave to cook until soft, this could take up to two hours, you will need to top up the water. When soft, drain well and return to the pan, stir them round to evaporate the last of the liquid. Cook a little with the soft dark brown sugar and then pour in the red wine vinegar, cook further until the liquid is a nice caramel colour and then add the double cream, leave to cook and thicken. Place the mixture into a blender and blend until smooth, season to taste, reserve and keep hot.

The Sauce

Put to one side 20 blueberries and then put the others in a pan and reduce together with 50g of Caster Sugar and 50g of Red Wine Vinegar. Crush the blueberries with a fork. When the liquid is syrupy add the stock and cook further until a syrupy sauce consistency. Pass and then add the reserved blueberries.

Crisps

Peel and then slice the potatoes thinly, criss-cross or plain. Rinse them in water, pat them dry and then fry them in hot oil until golden. Drain on absorbent paper, season and reserve until serving.

Cooking & Serving

In a hot pan cook the pigeon breasts, a couple of minutes on each side will leave them pink. Leave them to rest before slicing. Place the purée onto the plate and then some salad leaves. Slice the pigeon and place on the plate on top of the pigeon place the potatoes. Pour on the sauce and serve immediately.



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