



Roast Lancashire Wood Pigeon

Chef, Chris Bury at The Cartford Inn

Serves 2

Ingredients

2 plump wood pigeons
200g of Bury black pudding
Thyme Garlic
100g butter
3 cooked Jersey Royal potatoes
1 cooked carrot
1 raw red beetroot
200g Girrole mushrooms
2 white and 2 green asparagus spears
100g Garden peas
1 red onion
25ml good red wine
100ml beef stock

Method

1. Pre- heat oven to 200 C.
2. The pigeon should be plucked, drawn and ready for roasting (ask your butcher for oven ready whole birds).
3. Heat a heavy all metal pan well with a small amount of oil.
4. Season the birds with salt and divide the black pudding and stuff the cavity with it.
5. Place the pigeon in the pan and seal all over to a brown colour to help develop flavour.
6. When this is done pop the butter into the pan and wait for it to turn to a light brown.
7. Add the thyme and garlic then spoon that butter over the pigeon achieving a deeper brown baste on the breasts and legs.
8. Put the pan in the oven and roast for 12 minutes removing half way through for another quick baste.
9. Remove the pigeon from the oven, drain off the fat from the pan (do not clean) turn upside down on the breasts to let the juices seep into the breasts and rest for 5 minutes.
10. At the same time as cooking the pigeon pan-fry the chunky diced vegetables in a little oil in a separate pan just till you gain a little colour then place in the oven for 6 minutes.
11. Remove from the oven and season with salt.
12. Take the pigeon off the pan. The pan should have some juices from the pigeon in it, with this you are going to make a little sauce.
13. Heat up the pan add the red wine and reduce then add the beef stock and also reduce slightly.

To dress the plate, position the pigeon in the middle and arrange the roasted vegetables around the outside, drizzle the sauce over the bird and around the plate.

The pigeon should be nice and pink inside and be sure to scoop the black pudding out.

Enjoy with a glass of claret!