

Taste the Hills



Recipes and Tips

Partridge in a pear tree

This makes a tasty starter or light lunch. You could also use quickly fried pigeon breast instead of partridge or quail in which case don't cook for more than five minutes. The breasts should be browned but pink inside.

Quickly fry some lardons or pancetta and remove. Season and brown a brace of partridge or quail in the same pan with a little butter and olive oil and then add some finely chopped shallot and a crushed clove of garlic and cook together until the vegetables are soft. Remove from the pan and slosh in half a pint of wine to deglaze. Put everything back and add a sprig of rosemary or thyme.

Cover and bubble gently for 20 minutes. Remove to a warm dish and reduce the sauce and stir in a little redcurrant jelly and balsamic vinegar. Strip off the meat and scatter onto the salad with the pancetta.

To make the fennel and pear salad:

Take a couple of fennel bulbs and remove outer leaves. Slice finely and mix with some finely sliced celery and pear. Squeeze on some lemon or lime for acidity and a little honey or maple syrup for sweetness together with a little olive oil and seasoning. Some fried walnuts are good with it and you could turn it into more of a slaw by mixing in some mayonnaise and maybe some mild creamy mustard.

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