

Family Recipes



Fried pigeon breast

For each person

1 pigeon
Olive oil
1 apple
Salt, Pepper
Juniper berries
100ml dry cider
2 tsp cider vinegar
Small red cabbage (sufficient for 3-4)
Red wine



Cut out the breasts, I prefer them without the skin and rub in some salt, pepper and juniper and put to one side. Remove the liver and hearts and chop finely to use in flavouring the sauce. You can retain the remainder of the carcass for stock should you require.

Slice the cabbage and sauté in olive oil for a few minutes. Then add sliced apple, salt, pepper, dry cider and vinegar and cook for about 30 minutes stirring occasionally. During the later part you can cover with a lid to retain liquid.

Heat some oil in a frying pan, then put the pigeon breasts in and cook for about 5 minutes. Turn them over and cook for a further 2-3 minutes. Put in the liver and hearts plus some red wine and allow to cook for a further few minutes. Timing is critical as they need to be cooked to the very edge

of rare, tender without being undercooked but if cooked too long they quickly harden.

Serve with the cabbage and carbohydrate of choice, that's if you are allowed to eat carbohydrates of course.