

ROAST WILD
PIGEON GRILLED
ENGLISH PLUMS,
FREEKEH WHEAT,
NESPRESSO
GRAND CRU
RISTRETTO AND
CARDAMON

🕒 45 min 🍳 Medium



MATERIALS

**RECOMMENDED
NESPRESSO COFFEES**



INGREDIENTS

200g freekeh wheat – soaked overnight
 1 small onion, peeled and diced finely
 2 cloves of garlic, peeled
 50ml grilled rape seed oil
 1 tbsp chopped parsley
 1 tbsp roasted pumpkin seeds
 1 tbsp roasted sunflower seeds
 2 wild wood pigeon - long egged
 6 crushed cardamom pods
 2 sprigs of thyme
 Vegetable oil
 2 x 25ml Nespresso Grand Cru Ristretto
 50ml Madeira
 50ml Brandy or Armagnac
 Chicken stock or water
 Butter
 Garnish - Scottish girolles, victoria plums,
 plum jam, and a few wild leave"

INSPIRATIONS



LET'S MAKE IT!

1. Sweat the onion in rapeseed oil until lightly coloured. Add garlic and thyme and continue to cook for a further 2 min. Add the rinsed and drained freekeh wheat and mix well. Cover with cold chicken stock and season. Bring to the boil, cover and put in oven at 150°C for 20-25 min or until tender (don't add more water). When cooked, remove from oven. Add toasted seeds, parsley, more rapeseed oil if needed plus a splash of lemon juice. Leave to cool.
2. Prepare pigeon by removing legs and offal (for sauce) keeping the breast in one piece. Pre-heat a small roasting pan, add a small amount of vegetable oil and lightly colour the breasts all over. Add 1 crushed garlic clove, 3 cardamom pods, a sprig of thyme plus 25ml of Nespresso Grand Cru Ristretto. Baste the pigeon liberally and roast for approx 7 mins at 180°C. Once cooked, leave to rest in a warm place for 10 mins.
3. Place pigeon, trimmings and bones in frying pan with a splash of vegetable oil. Cook until nicely browned. Add 1 crushed garlic clove, 3 cardamom pods and a pinch of thyme. Add the brandy and flame, add the madeira and bring to the boil. Cover with chicken stock, bring to the boil and simmer for 18mins. Strain the juice through a fine sieve, finish with 25ml of Nespresso Grand Cru Ristretto and a knob of butter. Do not boil as this will take the aromatic notes away from the coffee. Spoon over the pigeon and serve. Garnish with Scottish girolles, grilled victoria plums, plum jam, and a few wild leaves."