



Warm
Pigeon
Salad



Reconnecting People With Food From Nature



Warm Pigeon Salad

INGREDIENTS

- 8 Pigeon breasts, skin off
- 16 rashers smoked streaky bacon
- 1 Black pudding
- Splash of jerez vinegar
- Olive oil
- Mixed fresh leaves, washed and dried
- Thick balsamic vinegar
- Extra virgin olive oil
- White wine vinegar
- Grain mustard
- Honey
- Salt and freshly ground pepper

METHOD

- Make the French dressing by mixing two parts extra virgin olive oil to one part white wine vinegar. One tsp mustard and one tsp honey, with a little salt and pepper to season. Whisk together and set aside.
- Slice the bacon into lardons and cook until crispy in pan, with no added oil, then drain.
- Cut the black pudding in bite-size chunks and heat through in a pan with a little olive oil until faintly crispy on the outside but still soft throughout.
- Rub pigeon breasts with olive oil, salt

and pepper. Sear on a hot pan for 1½ mins each side. In the last 30 seconds, splash a little Jerez vinegar over and allow to reduce. Set aside to rest for 3-4 mins.

- Lightly dress the salad leaves and pile in the centre of each plate. Sprinkle the bacon and black pudding around the leaves. Carve the pigeon breast into 3-4 slices and arrange on top of the leaves. Drizzle balsamic vinegar and more dressing on the leaves. Sprinkle salt and a grinding of pepper. Serve immediately.

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