

Seared Wood Pigeon Breast cinnamon baked apple with rosti potato

Serves 2

2 pigeon breasts
150 g potato (1 large jacket potatoe)
70 g butter
1 sprig of thyme
1 apple
75 g of sugar
150 ml water
1 cinnamon stick
10 g cinnamon powder
50 ml reduced beef stock

For the potato Rosti:

Peel and grate the potatoes using a cheese grater, finely chop the thyme and mix with the potato, season with salt and pepper.

Using two small non stick pans melt 40 g of the butter and add the potato to cover the bottom of the pan and gently press to help the potato to stick together, leave to cook for 5 minutes on moderate heat and turn over to cook and colour the other side.

Reserve to one side.

For the baked cinnamon apple:

Pre heat the oven to 180 °C

Put the sugar, water and cinnamon (stick and powder) in a pan and heat to make the syrup.

Peel and core the apple, slice it in half, in a separate sauce pan melt some of the butter and lightly sauté the apple in it, once lightly coloured dip the apple in the cinnamon syrup and transfer to a lightly buttered oven tray and bake for approximately 10 to 15 minutes.

To build the dish:

In a pan melt the rest of the butter, pan fry the pigeon breast for 2 minutes on each side, leave to rest in the pan.

Warm the potato Rosti and place in the centre of the plate put the cinnamon baked apple on the top of the Rosti and the breast sliced in half over the top.

Finish your dish with the sauce from the pan.

Enjoy!