

Whole Wood Pigeon with Sautéed Olives and Bacon New Potatoes, garlic green beans and watercress

Serves 2

2 whole wood pigeons
75g green olives
75g bacon
150g cooked new potatoes
150g green beans
2 cloves of garlic
100g watercress
75g butter
60ml reduced beef stock

Method

Cut the new potatoes in half, in a sauce pan melt 25g of butter add the diced bacon and leave to cook and crisp for a few minutes, when the bacon starts to colour add the olives and sauté for another 5 minutes, then add the new potatoes and colour slightly for 10 minutes, keep to one side in the pan.

Blanch the green beans in salted boiling water for 5 minutes and refresh in iced water (this process will keep your beans vibrant green)
Finely chop the garlic and keep to one side.

Pre heat the oven to 200°C

Melt 25g of butter in a pan and pan fry the whole pigeons on all sides to colour them, place them in the oven and leave to cook for 10-15min (during the cooking process use the juice in the pan to spoon over the pigeon to keep it moist all the way through the cooking process), take the pigeon out of the oven and leave to rest.

While the pigeons are resting finish the green beans by melting the rest of the butter in a pan add the garlic and cook for 2 minutes on moderate heat so the garlic doesn't burn, add then the green beans and sauté for 5 minutes to allow the garlic flavour to infuse, warm the potatoes.

Put a whole pigeon to one side of the plate, place the green beans next to it and the potatoes next to the green beans, place the watercress next to the pigeon and spoon your sauce (reduced beef stock) over the pigeon.