

Daggie's PBP

(Pigeon Breast Paté)



Only work with cleaned pigeon breasts, rinsed in salt water. First cook the bird breasts (still on the bone) with lots of mixed herbs, chopped onions, garlic, cloves, juniper berries, salt and freshly ground black pepper, till tender. Sorry, I can't give you exact measurements like *ml* and *teaspoons* because I cook by tasting all the time and adjusting my spices accordingly.

When the breasts are done, remove them and boil the stock for another 30 minutes to get a stronger taste, then strain the stock through a fine mesh sieve for later use. You can also add one chicken stock cube. Meanwhile, you cut the breasts into very thin slices... and I mean thin so that you can recover any shot pellets before your guests bite on them. About 13 to 15 deboned breasts will give you 500g meat and now you need 250g butter (moenie skrik nie, dit is lekker!).

Chop a big onion very finely and fry it gently in lots of butter (125g) until it is soft but not brown. Add the finely cut pigeon breast meat. Add about half-a-cup of the spicy stock, stir and heat through. Taste, maybe add some more ground black pepper, garlic, salt. Pour everything into your MagiMix or liquidiser, turn on the speed and you will now see that you need more of the butter and maybe even more stock until the mixture is nice and smooth. Taste again and adjust to your liking.

Now it is time to add the nice stuff: I made four different batches, because I had lots of breasts from the Parys shoot. To the above basic recipe I added 2 tablespoons of brandy. Tastes differ, so to the next lot I added Port wine. To another lot I added some tarragon and muscadel (sweet fruity fortified wine from the Cape). My husband's favourite is the one where I added a heaped tablespoon of homemade apricot jam.

Experiment and find your own favourite. The paté freezes very well and is a good standby when visitors arrive at odd hours. When serving, quickly decorate with some little tomatoes, gherkins or chives to give it a bit of colour.

Serve with Provita or whatever and some good red wine and enjoy...

Guten Appetit!



The Pigeon Debreasting Production Line using Raoul's 'Just-In-Time' system