

What's cookin' Doc?



GAME BIRD PIES



I can not and will not cook by measured ingredients, sorry... no ml. measure or teaspoon or cup full, just a pinch here and a handful there!

All I need is my old stove, a big glass of wine and music and I taste the food all the time — my tastebuds are my measuring tools.

Ingredients

Cleaned game bird breasts
 Red wine
 Some onions & garlic
 Mixed herbs, parsley, cloves
 Bay leaves, black peppercorns
 Ground garlic spice, chicken stock
 Lots of butter, Worcestershire sauce
 Barbeque spice, Liquid Aromat
 Ultramel cream, Maizena
 Tomato paste/ mild mustard / peri-peri
 Woollies' French puff pastry

Method de Daggie

Take the **cleaned** bird breasts, cover them with water and a bit of red wine, throw in lots of mixed herbs, parsley, cloves, bay leaves, black peppercorns and garlic. Cook the meat till tender (the cooking times vary from bird to bird). Taste. Remove the meat from the bone and chop it quite fine.

In the meantime reduce the stock by half by boiling on high heat without the lid, add a cube of chicken stock and strain. Taste. Melt lots of butter in a pan and fry 1 or 2 finely chopped onions till they're soft and light brown, add barbecue spice (yes!) and ground garlic spice and fry some more. Before it burns, add some of the stock to make enough sauce for the meat, taste and let it simmer. Then add freshly ground black pepper, salt, Worcestershire sauce, liquid

Aromat, and add Ultramel cream (it does not curdle), taste and adjust. I sometimes add a bit of tomato paste or mild mustard or mild peri-peri. Taste. One has to play around with a sauce. If it is to your liking, thicken with Maizena and add the chopped meat.

This mixture has to be ice cold before you can fill the pastry (if you have some game bird stock left, add some vegetables and make a soup). To make the pastry dough is utterly boring, so I use Woollies' French puff pastry, it is the best. Cut the dough into the size and shape you want. Bake in a hot oven till golden brown.

Wrapped individually, they freeze very well, ideal for unexpected visitors. Serve with a salad such as old-fashioned three-bean salad and homemade tomato sauce. Guten Appetit! Δ