

What's cookin' Doc?



Making a gamebird stock (1,5 l)

- 2 kg. segmented gamebird with bones
- 2 onions
- 1 stalk celery
- 2 carrots
- 3 cloves garlic
- 1 tablespoon tomato puree
- Spices:
- 5 juniper berries
- 2 bay leaves
- 1 tsp. crushed peppercorns
- 2 tsp. salt
- A pinch of rosemary, thyme, chilli powder

Coat bird segments with a little bit of canola oil by rubbing the oil onto the segments with your hands. Place in an oven pan and brown in a preheated oven at 220°C for ±20 minutes. Add spices as well as tomato puree. Return to oven for a further 10 minutes until dark brown. Remove bird from oven pan and transfer to a pot containing the chopped vegetables. Deglaze caramelised pan with a cup of red wine and add to the pot. Cover with water and simmer for 2 hours. Strain through a fine sieve. The stock will last for up to three days in the refrigerator but can also be frozen.

Gamebird Jambalaya

- 1.5 kg game bird washed and cut into portions
- 1 sliced smoked pork sausage or chorizo sausage
- 1 cup celery chopped
- 1 green pepper thinly sliced
- 1 red pepper thinly sliced
- 1 onion chopped
- 2 garlic cloves
- 1 chilli finely chopped
- Rice according to liquid

This part of the preparation can be done in advance:

Brown meat in pot with canola & butter until brown. Add the same spices as those used for stock. Cover with water and boil until soft. More water may be added if necessary (for a stronger taste use stock instead). Remove and cool portions in an oven pan. Keep the water and strain through a sieve. Debone the bird by flaking with fork. Discard skin & bones.

Finally:

Brown onions & garlic very lightly in a pot. Add the bird meat & sausage. Simmer for 5 min. and add the remainder of the vegetables and the water. It is important to add the rice now in the ratio 3 parts liquid : 1 part rice. Simmer until water is reduced.

Serving suggestions:

This dish can be served hot or cold with a side salad. It is even better served with brunch the next day! If a stronger taste is desired add stock to the water.

— By Dr Nestor van der Merwe

