



Pigeon on corn



Rezept für 4

Ingredients

4 pigeon breasts
Poultry gravy
8-12 baby corn
Salt, pepper, honey
Polenta (instant, 2 minutes)
Garnish (popcorn, fried parsley, Brussels sprout leaves, preserved walnuts)
Butter for frying

Ingredients for polenta

100 g vegetable stock
100 g milk
30 g butter
Approx. 80 g cornmeal (instant, 2 minutes)
Salt, pepper, garlic, nutmeg

To prepare

Bring the vegetable stock, milk and butter to the boil. Slowly pour in the cornmeal and boil for 2 minutes. Season with salt, pepper, garlic and nutmeg and set aside. If necessary, add more liquid before serving – the polenta should be creamy. Sear the pigeon breasts in peanut oil and cook in a preheated oven on the hot air with steaming setting at 180 °C for about 3 minutes. Remove and allow to rest. Remove the skin from the breasts, season with salt and pepper and fry in butter. Place a spoonful of polenta on the plate and spread it flat using a decorating comb. Carve the pigeon breasts and arrange on top. Warm the cooked baby corn in butter and honey and arrange on the plate. Garnish with salted popcorn, preserved walnuts, blanched Brussels sprout leaves and fried parsley. Pour over the poultry gravy.

Cooking level

Preheated 3 minutes | Hot air with steaming setting at 180 °C