

The end result



MINI 3 BIRD ROAST

Ingredients (serves 3-4):

- 1 whole mallard duck
- 150g Cumberland sausage meat
- 1 pheasant breast
- 2 woodpigeon breasts



Instructions:

1. Skin & remove the breast fillets from the pheasant & the pigeon. Remove the wishbone from the duck. Starting from the backbone, skin the duck completely so that you remove the skin in one piece. Remove the duck breasts from the skinned duck carcass.
2. Season & place one of the duck breasts in the middle of the skin. Lay out 50g of the sausage meat between two sheets of cling film & roll out flat with a rolling pin to the same size as the duck breast. Remove from the film and lay the sausage meat on the duck breast, with the pheasant breasts on top of the sausage meat. Season again.
3. Repeat the process with another 50g of the sausage meat, laying the rolled sausage meat on the pheasant breast with pigeon breasts on top. Roll out the final 50g of sausage meat & complete with the second duck breast.

Cont'd

The end result

Instructions Cont'd:

4. Wrap the duck skin around the breasts & sausage meat, overlapping the skin where it meets by at least 2cm so that the breasts and sausage meat are fully enclosed. Tie the parcel three times with butcher's string, around the middle & once either side; not too tightly or the sausage meat will be pushed out during cooking. Wrap the parcel firmly in ten layers of cling film, leaving enough extra at each end to be tied. Twist the ends and tie as tightly as possible at each end like a Christmas cracker.
5. Simmer the parcel in salted water for 20 minutes, then take out, cut one end of the cling film, & place at an angle for 5 to 10 minutes to allow any liquid to drain out: this will create a vacuum that will pull the joint together. Take off the cling film, pat dry, & place in a cold frying pan.
6. Put the cold pan on a medium hob. As it heats, the duck fat will render down & colour the skin. Turn frequently so the skin colours & crisps evenly, then roast in the oven with the overlap down at 180°C for 15 minutes, basting every now and then.
7. Allow to rest uncovered somewhere warm for 10 minutes, then remove the string, trim the ends, and slice, allowing 2 slices per person. Serve with a game jus or gravy.

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