

The end result



CRISPY CHILLI PIGEON

Ingredients (serves 2):

- 2 tsp Chinese five-spice
- Pinch of salt
- 5 heaped tbsp cornflour
- 359g pigeon breast, cut into strips
- 2 tbsp sesame oil
- 1/2 white onion, sliced
- 1/2 chilli, deseeded & finely diced
- 2 bell peppers, sliced into strips
- 3 1/2 tbsp rice vinegar
- 3 tbsp ketchup
- 3 tbsp sweet chilli sauce
- 1 1/2 tbsp soy sauce
- 500ml vegetable oil



Instructions:

1. Place the Chinese five-spice & pinch of salt into a bowl with the cornflour. Place the thin pigeon strips in the cornflour until they are fully coated on all sides.
2. In a wok, heat up the sesame oil on a medium to high heat. Add the onion, chilli, garlic & pepper, and fry for two minutes. Then add the rice vinegar, ketchup & sweet chilli sauce, & cook on medium heat for another few minutes. Add the soy sauce, stir & then set aside.
3. In a fryer or a deep-sided pan, heat the vegetable oil until it gets to around 180°C. Add the pigeon strips and fry until golden brown. Remove from the pan & put on a paper towel to drain. Mix the pigeon strips with the contents of the wok.
4. Serve with a sprinkle of spring onion, egg-fried rice or noodles.

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