

## PIGEON WITH FONDANT BUTTERNUT SQUASH, FOIE GRAS & COFFEE MADEIRA SAUCE

Courtesy recipe by Chef Lee Adams from The Park Lane Hong Kong SKYE Roofbar & Dining

### METHOD

- 01 Rinse and dry the pigeon, remove any excess hair and cut away the leg and breast. Chopped the bones and set aside for sauce.
- 02 Put the pigeon legs in a pot with duck fat, ensure the leg is fully submerged in the fat. Slow cook for 1 hour and stir constantly until soft and the fat is cooked.
- 03 Sliced butternut squash with a 4cm diameter cutter to 1 cm thick.
- 04 Put the butternut squash slice into the hot duck fat that has been set at 80°C, add bay leaf and thyme and cook until tender or when a thin knife can glide through it without resistance.
- 05 Remove butternut squash from the duck fat and keep it at room temperature, set aside.
- 06 For making the sauce, sauté the pigeon bones with vegetable oil in a pan until golden and roasted. Add the Madeira wine and flame to boil off the alcohol. Then add veal jus, apple juice and chicken stock and let it simmer until the sauce is thickened.
- 07 Filter the sauce with a sieve or chinois. Add coffee and cook until it reaches desired consistency.
- 08 Heat up a pan, add oil and pan-fry pigeon breast with skin side down. Then sear foie gras on the other side, followed by fondant butternut squash and pigeon leg to crisp up the skin.
- 09 Place the fondant butternut squash on a plate, cut the breast into half, top it on butternut squash and place the leg on the side. Then glaze it with the sauce. Garnish with leaves and it is ready to serve.

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### INGREDIENTS

Pigeon .....	1 pc
Butternut Squash .....	1 pc
Bay Leaf .....	1 pc (torn)
Spring Thyme .....	1 pc
Duck Fat .....	200 g
Foie Gras .....	25 g (sliced)
Sunflower Oil .....	Moderate
Salt and Pepper .....	Moderate
Carrot Top Leaves .....	1 tsp
Parsley .....	1 tsp
Tarragon .....	1 tsp

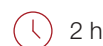
#### Coffee Madeira Sauce

Pigeon Bone .....	1 pc (chopped)
Vegetable Oil .....	Moderate
Veal Jus .....	70 ml
Madeira .....	30 ml
Chicken Stock .....	100 ml
Apple Juice .....	100 ml
Espresso Coffee .....	25 ml



#### TIPS

- Try to source fresh pigeon from reputable suppliers, check the birds, as they may still have small pellets inside.
- Sear the pigeon with skin-side down, as it can protect the meat from overcooking and drying out.
- Handle the herbs with care and with sharpest knife to avoid bruising of the herbs.



2 h



1~2 persons

## 乳鴿配香煎奶油 南瓜、鴨肝及 咖啡馬德拉汁

食譜由 The Park Lane SKYE 天台酒吧及餐廳行政主廚 Lee Adams 設計

### 做法

- 01 乳鴿洗淨印乾，去除多餘鴿毛並切除腿和胸，鴿骨切好留待製作醬汁。
- 02 鴿腿置於鴨油鍋中並確保鴨油蓋過鴿腿，低溫慢煮約1小時，期間略為攪拌至鴿肉軟腩及脂肪溶化。
- 03 把奶油南瓜用直徑4厘米切割器切成1厘米厚的南瓜片。
- 04 把南瓜片放入煮熱約攝氏80度的鴨油內，加入月桂葉及百里香，烹調至軟腩或能以薄刀輕易順暢地切開。
- 05 將南瓜片從鴨油取出置於室溫，備用。
- 06 製作咖啡馬德拉汁。先在平底鍋將鴿骨以少許植物油炒至金黃焦香。加入馬德拉酒，利用火焰將酒精揮發，讓酒煮至接近收乾。然後加入牛仔肉汁、蘋果汁及雞湯，用文火燉煮至杰身。
- 07 以篩或圓錐型濾網將醬汁隔渣。最後加入咖啡，將醬汁煮至所需的稠度。
- 08 燒熱平底鍋，把鴿胸以皮向下的方式用油煎香。在旁邊鋪上鴨肝，繼而將預先準備好的南瓜片及鴿腿外皮煎至香脆。
- 09 完成後在碟鋪上煎好的南瓜片，把鴿胸切半放在南瓜片上，再把鴿腿置於旁邊。然後淋上醬汁，並以香草裝飾，即可享用。

### 材料

乳鴿 .....	1隻
奶油南瓜 .....	1個
月桂葉 .....	1片 (撕碎)
百里香 .....	1枝
鴨油 .....	200克
鴨肝 .....	25克 (切片)
芥花籽油 .....	適量
鹽及胡椒 .....	適量
甘筍葉 .....	1湯匙
番茜 .....	1湯匙
龍蒿 .....	1湯匙

#### 咖啡馬德拉汁

鴿骨 .....	1隻 (切碎)
植物油 .....	適量
牛仔肉汁 .....	70毫升
馬德拉酒 .....	30毫升
雞湯 .....	100毫升
蘋果汁 .....	100毫升
濃縮咖啡 .....	25毫升



貼士

- 盡量在有信譽的供應商購買乳鴿，細心檢查乳鴿，因其體內可能有橡膠子彈。
- 把鴿胸以皮向下的方式煎香，可以避免鴿肉過度煮熟及抽乾水份。
- 注意處理香草時，要用鋒利的刀及輕柔力道。

🕒 2 小時

👤 1~2 人份

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