



HELIGIG CYMRU
GAME MEAT WALES



HEATHCOCK
- PUB & DINING -

Partridge Kiev

with Jerusalem Artichoke and Green Sauce

Serves 4

INGREDIENTS

- 2 whole partridges
- 2 artichokes (unpeeled) per person

GARLIC BUTTER

- 100g salted butter
- 2 minced garlic cloves
- 15g finely chopped chives

ARTICHOKE PURÉE

- 600g peeled artichoke
- 1 pint full fat milk
- 5g fresh chopped thyme
- 2 garlic cloves, minced

PANÉ

- 4 whole eggs, beaten
- 100g plain flour
- 400g breadcrumbs
- 10g chopped thyme
- 10g chopped rosemary

GREEN SAUCE

- 20g fresh chopped mint
- 20g fresh chopped tarragon
- 20g fresh chopped parsley
- 1 lemon, zested
- 20g capers
- 50ml Welsh rapeseed oil
- Salt to taste



METHOD

ARTICHOKE PURÉE

1. Slice the 600g peeled artichokes thinly.
2. Cover artichokes in a pan with full fat milk and add the chopped thyme. Cook until the artichokes are soft.
3. Strain the milk off from the cooked artichokes using a sieve, leave to stand for minutes to remove all excess liquid.
4. Blend in a food blender with the minced garlic for 2 minutes and then pass through a fine sieve.
5. Season to taste.

PANÉ

1. Add the chopped rosemary and thyme to the breadcrumbs.
2. Lay out 3 separate trays - one with flour, one with the beaten eggs and one with the herby breadcrumbs.

PARTRIDGE PREPARATION

1. Preheat oven to 170°C.
2. Remove breasts and legs from the carcass.
3. Combine the salted butter, minced garlic cloves and chopped chives in a bowl to create your garlic butter.

4. Butterfly the breast meat and enclose the garlic butter in the middle. Season both sides of the breast with salt lightly.
5. Remove legs and braise in 2 litres of chicken stock in the oven for 1 hour. Or until leg meat soft and tender.
6. Once cooked chill the leg meat.
7. Once chilled, cover the partridge breast and leg with flour, then cover with egg, then with the breadcrumb mix.
8. Place the leg and breast in a fryer at 180°C until golden brown all over then place them into a 190°C pre-heated oven for 4 minutes.

TO SERVE

1. Combine all green sauce ingredients in a bowl.
2. Boil 2 artichokes (unpeeled) per person like a new potato, until soft in the centre. Then, fry in butter.
3. Place the artichoke purée on a plate with your chosen partridge pieces. Serve with the green sauce and fried artichoke.



BY DAVID KILLICK
HEAD CHEF AT
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