



WILD BOAR RECIPES

Wild boar meat is game, and should be treated similarly to venison. Generally it will take to the recipes from pork, but should be cooked a little slower. The Wild Boar carcass is hung for a week or more before jointing.

There are various meats which may be passed off as wild boar, but are in fact either the results of crossing wild boar with domestic pig, or feral pigs from Australia.

The genuine article of pure wild boar has a unique and subtle flavour. Here are a few recipes to get you started.

Belly Pork

Pre heat your oven to 220 or Gas mark 7.

Score the skin of the belly with a sharp knife. Rub in a mixture of salt and herbs – rosemary and thyme is ideal.

Place it in a tin and roast for 30 minutes then you can turn the oven down to 180 or gas mark 4 and roast it for another 45 minutes.

It is done when the juices run clear and the crackling is wellcrackly.

This recipe is a variation on a pork recipe from Hugh's River Cottage Cookbook.

Bangers 'n Mash

Our sausages are a gourmet 'dinner' sausage - what better way to start than this age old favourite. Grill or pan-fry our sausage. Serve with creamy mash and rich tomato gravy.

Wild Boar Stir Fry in Almond Sauce

This is an easy stir fry recipe.

- 3 lb. Wild Boar meat boned
- 250ml Port
- 2 cloves garlic, minced
- 125 – 250ml olive oil
- 3 bunches spring onions, diced
- 200 grams sliced almonds

Cut meat into thin slices. In a bowl, blend wine and garlic. Marinate meat for 4 hours. Heat olive oil in the fry pan or wok. Stir-fry meat and onions for 3-4 minutes. Add Almond Sauce and cook for 3 more minutes. Stir in almonds.

Almond Sauce

For the sauce mix the following ingredients in small bowl.

- 2 tbsp. soy sauce
- 2 tbsp. sherry
- 1 tbsp. teriyaki glaze
- 1/8 tsp. white pepper

Serve with steamed rice or stir-fried vegetables.

Roast leg

Put the joint in a plastic bag. Soak for 2 or 3 hours in a good red wine. Transfer to a roasting dish with more wine. Roast for 20-25 minutes per pound. While the joint is resting, thicken the wine/juices for a magical sauce.

Wild Boar cooked with Apple (serves 4)

Pre heat your oven to 200 or Gas mark 6.

For this you will need :

- 50 g butter
- 1 kilo of diced Wild Boar
- 1 onion finely chopped
- 1 carrot finely chopped
- 1 Tablespoon Plain Flour
- 370 ml red Wine
- 1 Clove of Garlic
- 1 or 2 Bay leaves
- 50ml Brandy
- 3 apples (peeled & sliced)
- Salt and Pepper

On the hob first. Melt half the butter in a casserole dish. Add the meat and stir until all the meat is sealed. Add the onion and the carrot, sprinkle in the flour and cook for 3-4 minutes while stirring. Now slowly stir in the wine. Add the bay leaves and the garlic, salt and pepper to taste. Bring to the boil before placing in the oven for 1 hour.

Apples: In another pan, melt the rest of the butter and fry the apples until golden. These should retain their shape.

Before serving add the brandy to the meat. Serve with its juices and onto each plate spoon some apples.

Tenderloin Medallions

For that special occasion try this easy peasy dish.

Cut our tenderloin into 1cm medallions.

Dip in a whisked egg and then roll in breadcrumbs. Pan-fry immediately in butter.

Serve with seasonal vegetables - mouth watering!!

Marinated Leg of Wild Boar

This recipe is ideal for special occasions and although it sounds complex it really is a 'chuck it all in' affair.

Preparing the Marinade:

Add the following ingredients to a pan and bring gently to the boil and simmer for 15 minutes. Then remove from the hob and leave to cool.

- 2 onions finely chopped
- 2 carrots finely chopped
- 1 Clove of Garlic chopped
- Fresh Parsley – 1 sprig chopped
- Fresh Thyme - 1 sprig chopped
- 1 Bay leaf
- 2 cloves
- 2 litres of red Wine (yes that's two)
- 175ml Red Wine Vinegar
- 3 Tablespoon Olive Oil
- Salt and Pepper

Place the Wild Boar in a large dish and pour over the cooled marinade. Cover and leave in a cool place for 24 hours.

In addition to the marinade you will also need

- 2.5 kilo Wild Boar leg
- 150 grams Pancetta
- grams butter
- Salt and Pepper

Cooking the dish

Pre heat your oven to 200 or Gas mark 6.

Drain the meat, keep the marinade. Now pat the joint dry. Strain the marinade into a bowl. Place the meat in a roasting tin and seal all sides.

Once sealed, cover the joint with Pancetta and pour in enough of the strained marinade to cover half the meat. Place in the oven and roast for 1¾ hours. Turing occasionally. After the first hour cover with foil. When cooked rest for 15 minutes.

Preparing the sauce.

Add the remaining marinade to the roasting pan and heat to reduce by half. Season with Salt and Pepper, remove from heat and stir in the butter.

We hope you enjoy all of these recipes - if you have any ideas or things you have tried yourself, please let us know and we can include them here.

Happy eating