

Northwood Wild Boar with Bouvrage

Serves 4

Ingredients:

- 1/2 Kg wild boar meat (diced shoulder or similar)
- Marinade: 250 ml bouvrage (raspberry or blueberry)
- 2 tbsp balsamic vinegar
- 2 Crushed garlic cloves
- 1 tsp ground cumin
- Salt
- Ground black pepper

Method:

1. Combine the above ingredients and marinade the meat overnight.
2. Drain the meat, reserving the liquid.
3. Heat 1 tbsp olive oil in oven-proof casserole and sear the meat, adding vegetables to taste (onions and carrots are good with this) and a little flour.
4. Add the reserved liquid gently, stirring well to avoid lumps.
5. Bring to the boil, cover and transfer to a simmering heat oven for at least 1½ hours - remember wild boar is matured very slowly and must be cooked very slowly. Adjust seasoning and enjoy.