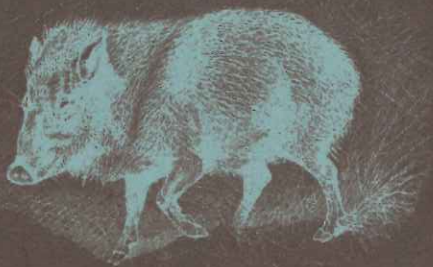


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*Wild*

# BOAR



*Farmed wild boar, the ancestor to the domestic pig, has a long and colourful history – much celebrated throughout Europe and Central Asia. The meat is lean and exceptionally flavoursome ranging from mild and delicate to rich and gamey. The most tender cuts are from the loin but all cuts produce delicious results by utilising a range of cooking methods and accompaniments.*

*Ideal for the expert and novice alike!*

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# Wild boar, chorizo & butter bean stew

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## INGREDIENTS

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400g Wild Boar diced for stew  
200g tin Butter Beans drained  
200g Chorizo cut in slices  
50ml Oil  
4 cloves Garlic finely chopped  
1 medium Onion finely chopped  
175ml Red Wine  
400g tin Chopped Tomatoes  
1tbsp Thyme Leaves chopped  
2tbsp Flat Leaf Parsley chopped

## METHOD

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Marinate the wild boar in the wine for at least 3 hours in advance – overnight if possible.

Heat the oil in a pan until hot and add the chorizo slices. Cook until slightly browned. Remove the chorizo from the pan with a slotted spoon, then add the onion and garlic to the pan and cook gently until translucent. Then add the diced boar and cook for approximately 5 minutes.

Pour in the marinade and allow to reduce by half, adding the chopped tomatoes, butter beans and thyme. Add the chorizo to the stew and season generously with salt and pepper.

Cook gently on the stove for approximately 1 hour 30 minutes or until the boar is tender and serve with butter noodles, rice or mash.

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# Wild boar & cider carbonnade

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## INGREDIENTS

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750g Wild Boar steaks  
30ml Oil  
600g Onions cut in half  
and sliced  
40g Butter  
30g Flour  
400ml Cider  
400ml Chicken stock  
2 only Bay Leaves  
2 sprigs Thyme

## METHOD

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Heat the oil in a pan and brown the wild boar steaks on both sides. Remove from the heat and set to one side – keeping warm.

Add butter to the pan along with the onions and cook slowly for approximately 20 minutes. Allow the onions to colour and soften. Stir in the flour and cookout for approximately 5 minutes before adding the cider. Bring to the boil.

In a casserole dish, layer up the cider and onion mix along with the wild boar steaks. Add the bay leaves and thyme, season with salt and pepper and cover with a lid and cook in the oven at 160°C for 2 hours or until tender.

Serve with mash and braised red cabbage.

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# Wild boar escalopes with pineapple relish

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## INGREDIENTS

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4x 140g Wild Boar leg steaks/  
loin steaks  
Seasoned flour  
Egg wash

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### BREADCRUMB MIX

120g Fresh Breadcrumbs  
120g Finely Grated Parmesan  
Cheese  
2tbsp Chopped Flat Leaf Parsley  
1tbsp Chopped Thyme Leaves

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### PINEAPPLE RELISH

1 medium Pineapple peeled  
and cut in 1cm dice  
2tbsp Brown Sugar  
150ml Apple Juice  
Zest 1 Lime Grated  
½ Red Chilli finely diced  
(seeds removed)  
Seasoning

## METHOD

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Mix all the ingredients of the breadcrumb mix.

Pan the steaks in flour, egg wash and breadcrumb mix. Then pan fry the coated steaks in plenty of hot oil until golden on each side.

For the pineapple relish, heat a non-stick pan and add the diced pineapple along with the sugar. Stir the pineapple and sugar for 2 or 3 minutes then pour in the apple juice and fine diced red chilli. Allow the pineapple to cook until the liquid has reduced and sticky, season with salt, pepper and the grated lime zest.

Serve with Pineapple relish a wedge of lemon and oven cooked potato wedges.

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# Wild boar tagine

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## INGREDIENTS

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### MEATBALLS

500g Minced Wild boar  
3 sprigs Rosemary Leaves  
finely chopped  
50g Fresh Breadcrumbs  
¼ tsp Harissa Paste  
½ tsp Smoked Paprika  
1 whole Egg  
Seasoning

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1 Sweet Potato cut in 2cm dice  
5 Baby Boiler potatoes cut  
in quarters  
350ml Chicken Stock  
4 dried Lime Leaves  
4 Medium Plum Tomatoes cut  
in quarters  
4 tsp Fish Sauce  
2 tbsp Brown Sugar  
1 only Cinnamon Stick  
1 tsp Cardamom Pods  
1 tsp Turmeric  
1 tsp Chilli Powder  
1 tsp Ground Cumin  
1 tbsp Root Ginger grated  
2 cloves Garlic Diced  
25ml Oil

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## METHOD

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Mix ingredients for the meatballs together and season well. With wet hands, shape the wild boar mix into 16 evenly sized meatballs and set aside.

Heat a pan and add the oil. Add the meatballs and allow to brown on all sides, then remove from the pan. Add the onion, garlic and ginger to the pan and cook gently for 2 to 3 minutes. Then add the spices and cook for 3 minutes stirring constantly.

Add the sugar, tomatoes, lime leaves, fish sauce and stock to the pan and slowly bring to the boil. Add potatoes and wild boar meatballs, cover with a lid and cook in the oven for 1 hour at 180°C.

Delicious served with cous cous.

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# Roast loin with apple & walnut chutney

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## INGREDIENTS

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850g Wild Boar Loin  
rolled and tied  
150g Mirepoix (The French  
term to describe a combination  
of finely diced onions, carrots  
and celery)  
1 large Cooking Apple diced  
Oil  
Seasoning  
Few Sprigs of Sage and Thyme

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## APPLE & WALNUT CHUTNEY

175g Cooking Apples  
peeled and diced  
175ml Vinegar  
90g Brown sugar  
90g Chopped Onions  
45g Raisins  
5g Mustard Powder  
1/8 tsp Mustard Seeds  
1/8 tsp Curry Powder  
1/4 tsp Chilli Powder  
1tsp Grated Root Ginger  
4g Salt

## METHOD

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Sear the seasoned boar in the oil in a hot pan then remove from the heat. In the same pan brown the mirepoix.

Lay the mirepoix in the bottom of a roasting dish along with the diced apple and the herbs, put the boar on top and cook in the oven at 180°C for approximately 1 hour. Baste frequently until it's cooked to your preference. For assistance with cooking times, consult your retailer or take a look online at [www.eatwell.gov.uk](http://www.eatwell.gov.uk).

Once cooked, remove the meat from the oven and keep warm. Place the juices in the roasting tray over a medium heat and add a little white wine. Bring to the boil and scrape any sediment from the bottom of the tray.

Thicken slightly with a little diluted arrowroot and strain through a fine sieve.

For the Apple & Walnut Chutney, add all the ingredients to a pan and bring to the boil reduce the heat and allow to simmer and reduce until the chutney thickens.

Curly kale and red cabbage make very good accompaniments.

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# Roast loin chinoise

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## INGREDIENTS

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**850g Loin of Wild Boar**  
rolled and tied

**150g Mirepoix** (The French term to describe a combination of finely diced onions, carrots and celery)

**2 sticks Lemongrass** bashed

**1 thumb Root Ginger**  
roughly chopped

**3 cloves Garlic** bashed

**Oil**

**Soy Sauce**

**Peel of 1 Orange**

## METHOD

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Sear the loin in the oil in a hot pan, remove from the heat then brown the mirepoix in the same pan.

Add the lemongrass and orange rind along with a splash of soy sauce. Scrape the contents of the pan into a roasting tray and place the boar on top.

Cook at 180°C basting frequently for approximately 1 hour until cooked to your preference. For assistance with cooking times, consult your retailer or take a look online at [www.eatwell.gov.uk](http://www.eatwell.gov.uk).

Once cooked, remove the meat from the oven and keep warm. Add a little water or stock to the roasting tray over a medium heat, scraping the sediment from the bottom of the tray. Season to taste and strain through a fine sieve

Serve with stir-fried vegetables and a garlic mash.

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# Wild boar Thai curry

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## INGREDIENTS

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500g Diced Boar  
½ Medium Onion diced  
5 cloves Garlic chopped  
1 tbsp Root Ginger chopped  
¼ tsp Flaked Dried Chilli  
2 tbsp Mild Curry Powder  
1 red Chilli finely diced  
1 tsp Tamarind Paste  
1½ tbsp Brown Sugar  
4 stalks Lemongrass  
50ml Water  
1 tin Coconut Milk  
2 tbsp Oil

## METHOD

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Heat a pan and add the oil. Add the diced boar and cook until sealed. Then add the coconut milk and bring to the boil then allow to simmer for approximately 1 hour.

Place the remaining ingredients in a food processor and blitz until you have a paste. Add the paste to the boar mixture and continue to cook for a further 50 minutes.

Depending on the consistency, feel free to add a little water. Perfect served with jasmine rice.

The logo for Quality Meat Scotland (QMS) features a large, stylized 'Q' that loops around the letters 'M' and 'S', which are in a serif font.

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