



WILD BOAR STEAKS AND CRISPY GREENS

IT SOUNDS FANCY – BUT IT’S NOT!

Wild meat doesn’t have to be difficult, fancy and reserved for weekends. Cut a tasty steak from the back leg and serve with oven baked or fresh greens. It’s easy and simple, perfect for weekdays.

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Ingredients

- 300g Wild boar (this is sirloin)
- 4 Jerusalem Artichokes, scrubbed well and roughly chopped
- 1 tsp Lemon juice
- 2 tbsp cream
- 4 Potatoes
- ½ Leek
- 1 Broccoli
- 1 tbsp Olive oil
- 1 tbsp Butter
- Salt & freshly grounded pepper

Preheat the oven to 200°C.

 40 min.

Method

Preheat your oven to 200°C. Cut the leek and broccoli into chunks (2cm) and place them in a baking tray. Next cut up the potatoes in chunks as well (no need to peel). Cover all the vegetables with olive oil, and season with salt and pepper. Place the vegetables in the oven and roast until crispy for about 30 min.

To make the Jerusalem artichoke purée, bring a pan of water to boil, add the lemon juice and artichokes and cook until just tender. Drain and put in a blender or food processor with the cream, and season with salt and pepper. Blitz until smooth. Add a little olive oil to taste.

Now, let’s prepare your delicious wild steaks. Make sure to take them out of the fridge about 30 min. before cooking. Season your steaks with salt and pepper.

Once the vegetables have about 10 min. left to cook, high up a frying pan with butter. When the pan is very hot and the butter has melted, add your steaks to the pan. Fry them for about 1 min. on each side, afterwards flip the steak on the sides to sear the edges. Frying time depends on your preference and the thickness of your steak.

Good tip! You can transfer your steaks to a baking tray and finish them in the oven on high heat for a couple of minutes. Or you keep frying them in the pan. If so, turn the heat down to medium. Make sure that there is enough butter or oil on the pan. Remember to let your steaks rest about 5 minutes before slicing and serving. That allows all of the juices of the meat to lock inside the steak, which gives it much better flavor.

Happy cooking & Bon appétit.