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Recipe number five

Podere Riparbella

Agriturismo ecologico

Agricoltura biologica

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This recipe comes from the south of Tuscany. I like the sauce best when it is robust and a little spicy and the chocolate is only hinted at. At the table it always sets off a great guessing game about the ingredients.

Brasato di cinghiale in agrodolce Sweet-and-sour braised wild boar

Ingredients for 4 people

	The day before
600g wild boar (or other game, or beef)	marinate in
750ml red wine	Add braising vegetables such as
Carrot, celery stick	and a
Garlic clove	plus an onion
studded with clove and bay leaf	to the marinade.
	To cook
	drain the meat, pat it dry with kitchen paper, season with
Salt, pepper	and rub with
1 garlic clove	and then brown it in
Olive oil	before transferring the meat to a casserole.
Bay, rosemary, thyme	go in as well, along with the marinated vegetables. Cover the meat with the red wine,
1 stock cube	add and
	put it in the oven: 30 minutes at 180 degrees and 2 hours at 150 degrees.
	For the sauce
2.5dl braising juices	reduce a little,
20g Aceto Balsamico	add and thicken with
3 tsp cornflour	(for 1 litre of juices you need at least 30g).
	Finally add – as the mood takes you – the following to the sauce
15g raisins	
30g candied orange/lemon peel	
10g walnuts, roughly chopped	
1 tsp pine nuts, 5g dark chocolate	and season it well with
Salt, pepper, peperoncino	for a spicy finish.



OUR BRAISING TRICK

To keep the timing stress-free we start the marinade two days ahead and cook the meat the day before. The fat that sets on the surface of the casserole is then easy to lift off.

And the meat slices far better once it has cooled right down in its juices. We lay the cold slices in a gratin dish, spoon a little of the braising juices over them, cover with foil and warm them in the oven. Before serving, simply pour off the juices and spoon the sauce over – done!

I like to serve polenta with it!

A purée of chickpeas and potatoes is lovely too, but rather more work.