

# Mutton Bird Recipes-How to cook Mutton Birds

## Cooking Salted Mutton Birds:

Place the desired amount of salted Mutton Birds in a large pot of water. Add your favourite boil up vegetables- cabbage, kumara, potatoes, onion, peas, carrots and whatever other vegetables you have.

Place the pot on an element on high heat. Bring the water to the boil, let it boil heavily for 5 minutes and then tip out the water, this prevents the Mutton Birds tasting too salty, if you love salty food skip this step. If you don't like your food to be salty at all repeat this step.

Put fresh water in the pot, with the element still being on high. Once the water comes to the boil, allow it to boil heavily for 5 minutes.

Turn the element down to low and let the pot simmer for around an hour. If you are uncertain if the Mutton Birds are properly cooked, try pulling off a leg. If it easily pulls off then they are cooked.

Remove the Mutton Birds from the pot; place them in a roasting dish and put under the grill for around 15 minutes or until they are as crispy as you like.

Serve the Mutton Birds with the vegetables; the vegetables will have taken on the delicious Mutton Bird flavour. I like to make a packet gravy up to enhance the flavour.

Yum, savour the unique Titi flavour and feel the health. Your body will thank you for this nutritious omega 3 rich meal. Some people like to save the water and boil up a chicken or ducks in the water the next day.

## Roasting Salt Free Frozen Titi “Freshies”

Remove your Fresh Titi from the freezer, allowing them to thaw out naturally.

Place the Titi in a roasting dish with no oil or fat. Place all your favourite roasting vegetables around the Titi. All vegetables are good, I recommend Kumara.

Place the roasting dish in your oven pre-heated to 200 degrees Celsius.

Every 15 minutes or so give everything a stir around. You will be amazed by how much omega 3 rich fat (Katu) comes out of the Mutton Birds. I like to save the katu to be used the next time I roast Titi. Once the Katu is deep enough in your roasting dish, it becomes a Tahu- this is the traditional process of deep-frying the Mutton Birds in its own fat, yummy!!

It will take around an hour and a half for the Titi and vegetables to be roasted to perfection. If you are not certain as to whether the Titi are cooked or not, try pulling a leg off. If it easily comes off the Mutton Birds are ready.

I like to serve the freshies with the vegetables and a packet gravy. You will need to have your saltshaker handy, as Mutton Birds are not naturally salty. I like to smother the Titi with salt and have the delicious juices run down my chin!! I feel hungry now!!

When eating freshies you will understand why the early Europeans named this delicacy Mutton Birds, they are a totally different product than salted Titi.

Enjoy!!

## Mutton Bird Pate- The talk of the dinner party

- 1 cup finely chopped onion (1 large)
- 2 tablespoons butter
- 2 garlic cloves, finely chopped
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried, crumbled
- 1 and a Half teaspoons table salt
- 1 teaspoon black peppercorns
- Half a teaspoon whole allspice
- Quarter teaspoon freshly grated nutmeg
- 2 Bay leaf
- Half a cup of cream
- 2 large eggs
- 3 tablespoons Cognac or other brandy
- The minced up flesh, skin & fat of 2 large Mutton Birds
- 500g Pork Mince
- 400g Bacon Slices with no rind.

### **Preparation: Assemble and Marinate Pate:**

Cook onion in butter in a large fry pan, covered, over moderately low heat, stirring frequently, until soft, about 10 minutes. Add garlic and thyme and cook, stirring, 1 minute. Transfer to a large bowl set in a bowl of ice.

While onion cools, pulse salt, peppercorns, allspice, nutmeg, and bay leaf in grinder until finely ground. Add to onion mixture and whisk in cream, eggs, and brandy until combined well.

Pulse cooked Mutton Bird meat, fat and skin in a food processor or in a bowl with a stick mixer until finely chopped, then add to onion mixture along with pork mince and mix together well with your hands or a wooden spoon.

Line bottom and long sides of the meat loaf dish crosswise with about 6 to 9 strips of bacon, arranging them close together (but not overlapping) and leaving an overhang of around 10cm. Fill meat loaf dish evenly with ground-meat mixture, Cover top of Pate lengthwise with 2 or 3 more bacon slices if necessary to cover completely, and fold overhanging ends of bacon back over these. Cover Pate with plastic wrap and chill at least 8 hours to marinate meats.

### **Bake Pate**

Put oven rack in middle position and preheat oven to 180°C.

Discard plastic wrap and cover pate tightly with a double layer of foil.

Bake Pate in a water bath, until thermometer inserted diagonally through foil at least 10cm into center of the pate registers 90°C, for around 2 hours. Remove foil and let pate stand for 30 minutes.

### **Stand Pate**

Chill pate in the meat loaf dish for at least at least 24 hours to allow flavors to develop.

Place Pate in a bowl and serve with crackers or bread, it will be the talk of the dinner party. Even people who don't like Mutton Birds love this pate!!