

Sunvil Supper Club

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January 2014 - Arroz de perdiz (Partridge rice)



Ingredients

250g long grain rice or Portuguese 'agulha' rice.
2 partridges
100g linguica smoked sausage (thinly sliced)
50g bacon (cut into small pieces)
2 tbsp olive oil
Small glass of white wine
2 medium onions (finely chopped)
1 bundle of parsley (chopped)
2 garlic cloves (peeled and crushed)
2 bay leaves
900ml of game stock (either shop bought or created from the cooked partridges)
Freshly ground black pepper
Salt to season

Method:

Cook the partridges as per the instructions given by your butcher or shop. We oven baked our partridge for 40-minutes braising regularly.

10-minutes before the partridge is ready; start to fry the onion, garlic, bay leaves, bacon, linguica, parsley and olive oil in a frying pan. Cook for 10-minutes until the onions begin to soften and starting to look golden.

Carve the partridges into small segments and add to the frying pan. Cook for a further 5 minutes.

Add the rice to the frying pan along with the white wine and allow to soak up the juices.

Gradually add the game stock to the dish and cook until the rice is tender and almost all of the liquid has been absorbed.

Remove the bay leaves, season and serve with fresh parsley

Serves 4-6 people

The Alentejo is largely to the foreign visitor but, those who have ventured into this diverse Portuguese region - south of Lisbon and north of the Algarve - have discovered a district that is home to some of the best and most varied Portuguese cuisine.

Inland from the Atlantic coastline, you will often find local game on the menu such as rabbit, pheasant and partridge. Arroz de perdiz is cooked in a style similar to paella, and has a rich flavour that would be perfectly accompanied by one of the region's high quality red wines

Find out more about holidays in Portugal www.sunvil.co.uk/discovery/portugal/alentejo