

Cinghiale in dolce forte

By Christopher Trotter

BBC
RADIO



Scotland

Ingredients

Marinade

500ml red wine
100ml red wine vinegar
1 bay leaf
Sprig fresh thyme
Tsp each cinnamon, nutmeg, allspice
1 carrot chopped
1 onion peeled and chopped
1 celery stick chopped

1.5 kg wild boar cut into 3cm cubes
3 tblsp olive oil
1 onion peeled and finely chopped
Tsp each cinnamon, nutmeg, allspice
2 tsp ground chilli
75g prunes stoned
1 tblsp brown sugar
Zest of one orange
1tblsp raisins
1tblsp pine nuts
50g bitter chocolate



**Prep Time: 2 days
Cooking Time: 2 hours
Serves: 6**

Method

1. Bring the marinade ingredients to the boil and allow to cool completely.
2. Cover the meat with it and leave covered for 2 days.
3. After marinating remove the meat from it along with the vegetables. Keep the liquid and pat dry the meat with kitchen paper.
4. Cook the finely chopped onion in the olive oil for a few minutes then add the meat and brown lightly, stir in the spices and cook for a few minutes, add the strained marinade, prunes and sugar.
5. Bring to the boil and skim, then simmer gently until the meat is cooked, about 2 hours.
6. To finish add the zest of orange, raisins and pine nuts, Check for seasoning then last of all stir in the chocolate until it melts and serve with polenta.