

SPANISH GAME DISH

TRADITIONAL FALL RECIPE ORIGINATING FROM TOLEDO

PERDIZ

Pedro Angeles Editor

Perdices a la toledana is a great traditional Spanish game dish originating from Toledo. This authentic fall dish is made with a combination of a whole partridge, onions, carrots, sherry vinegar, parsley, dry white wine, olive oil, salt, pepper, thyme, rosemary, and bay leaves.

Clean the partridges, season them with salt and pepper, and brown them in extra virgin olive oil over medium heat. The onions and carrots are added and cooked until they are soft. The wine, sherry vinegar, water, and herbs are added to the pan, and the dish is simmered until the meat starts to come away from the bones.

Cut the partridges in half (lengthwise), and present them on a plate with the cut side down. Then cover them with the onions, carrots and sauce before serving.





You could hunt for your own Partridges in Spain or just buy them. Partridge shooting in Spain is famous world-wide. The Red Legged Partridge is considered as the sportiest bird in the world. Because of its speed and irregular flight, they are a very challenging bird to hunt.



Perdices a la Toledana

Partridge is a delicacy that you simply can't afford to miss out on. Evidence suggests that it has been eaten since at least the Roman era. Later on, after the evolution of hunting during the Middle Ages, partridge became a delicacy reserved for the wealthy. Toledo-style partridge (perdiz a la Toledana) harks back to that era and the city's aristocratic past, being the seat of monarchical power from the 12th to the 16th century. Partridges are hunted in fall and even in winter. It is often the centrepiece of Christmas tables.

Ingredients

- Olive oil
- Two onions chopped into wedges
- Two carrots chopped in rounds
- One head of garlic
- 4 or 5 peppers
- A glass of white wine
- A dash of sherry vinegar
- Half a glass of water
- Rosemary
- Thyme
- Parsley
- Salt and black pepper
- Bay leaves

Start cooking

Pour enough oil to cover the bottom of the pan.
Salt the partridges and put them in the pan before the oil reaches boiling.
Once they are golden brown add the onion, carrots, bay leaf, head of garlic and peppers.
Gently fry the onion on a low heat until it too is golden brown.
Add the white wine and a splash of vinegar.
When it reaches the boil add the water.
Bring it back to the boil and leave it to simmer for two to three hours

(until the partridge is tender)
Add the thyme and rosemary while it simmers.
The dish is simmered until the meat starts to come away from the bones. Cut the partridges in half lengthwise, and present them on a plate with the cut side down.
Cover them with the onions, carrots and sauce.
Sprinkle with parsley just before serving.

Enjoy with a good wine, best friends and a vivid conversation!