KIKKOMAN

Braised boar with juniper and rosemary

Total time **1000 mins** **10 mins** preparation time **150 mins** cooking time **840 mins** marinating time

Nutritional facts (per portion):
1,880 kJ / 450 kcal

Fat: **30 g** Protein: **35 g**
Carbohydrates: **8 g**

INGREDIENTS

2 portion(s)

400 g	wild boar neck cut into 8 pieces
60 ml	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	oil
2	onions, finely chopped
2	garlic cloves, chopped
5	dried wild mushrooms
1 tsp	juniper berries, crushed
1	sprig of fresh rosemary
250 ml	dark beer
80 ml	Kikkoman Teriyaki Wok Sauce with Toasted Sesame

For the parsley pesto:

40 g	fresh parsley leaves
1	garlic clove
2 tbsp	pine nuts
3 tbsp	extra virgin olive oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

400 g wild boar neck cut into 2 portions - **60 ml** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** oil
Put the boar in a zip-top bag and marinate with Kikkoman Soy Sauce for at least 3 hours or up to 14 hours.

Heat the oil in a medium-sized cooking pot directly over a moderately high flame. Add the meat and sear on all sides until browned (about 3–4 minutes per side). Remove the pot from the heat. Take out the meat and set aside for later use.

Step 2

2 onions, finely chopped - **2** garlic cloves, chopped - **5** dried wild mushrooms - **1 tsp** juniper berries, crushed - **1** sprig of fresh rosemary - **250 ml** dark beer - **80 ml** Kikkoman Teriyaki Wok Sauce with Toasted Sesame
In the same pot, add the chopped onion and garlic. Sauté over the fire for 2-3 minutes until soft.

Add the mushrooms, crushed juniper berries and sprig of rosemary to the pot. Stir well to release the flavours. Pour in the dark beer, Kikkoman Teriyaki Sauce with Sesame, and simmer, scraping up any brown bits from the bottom of the pot. Return the seared game meat to the pot. Cover and simmer over a low heat for about 1.5 - 2 hours, stirring occasionally until the meat is tender and cooked through. If necessary, add more beer to prevent the sauce from drying out.

Step 3

40 g fresh parsley leaves - **1** garlic clove - **2 tbsp**

pine nuts - **3 tbsp** extra virgin olive oil - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce
Combine the fresh parsley leaves, garlic clove, pine nuts and extra virgin olive oil in a mortar. Blend into a smooth paste. Add the Kikkoman Soy Sauce and mix again. Serve with the braised wild boar meat.