

JOHN PLESHETTE'S MEAL OF THE WEEK



ROASTED SQUAB WITH GRILLED PEARS

4 SQUAB
FRESH THYME
4 CLOVES OF PEELED GARLIC
CANOLA OR GRAPESEED OIL
BUTTER
4 RIPE PEARS
WALNUT OIL

SEASON SQUAB INSIDE AND OUT WITH SALT AND BLACK PEPPER. STICK A SPRIG OF THYME AND A GARLIC CLOVE IN EACH CAVITY. TIE LEGS TOGETHER.

REFRIGERATE AT LEAST SIX HOURS OR OVERNIGHT. RESERVE LIVERS, HEARTS AND GIZZARDS TO BE COOKED SEPARATELY.

ALLOW SQUAB TO WARM TO ROOM TEMPERATURE BEFORE COOKING.

PRE-HEAT OVEN TO 425

DRY SQUAB THOROUGHLY WITH PAPER TOWELS.

PLACE A CAST IRON FRYING PAN, LARGE ENOUGH TO ACCOMMODATE THE SQUAB WITHOUT CROWDING, OVER A HIGH FLAME FOR ABOUT 6 MINUTES. ADD A SPLASH OF OIL.

ARRANGE SQUAB IN THE PAN, BREAST SIDE UP. COOK FOR 2 MINUTES, THEN PLACE IN THE OVEN. ROAST 20-25 MINUTES FOR MEDIUM RARE.

REMOVE FROM THE OVEN. SNIP OFF STRING TYING THE LEGS. ADD A 1/2 STICK OF BUTTER TO THE PAN AND A FEW SPRIGS OF THYME. ALLOW SQUAB TO REST, BASTING OCCASIONALLY.

TURN OVEN TO BROIL AND SET RACK AT THE HIGHEST LEVEL.

BRUSH PEARS WITH WALNUT OIL. PLACE DIRECTLY UNDER THE FLAME. BROIL TILL THE SKINS TURN BROWN, TURNING GENTLY WITH TONGS SO AS NOT TO TEAR THE SKIN.

MEANWHILE, IN A SMALL PAN SAUTÉ GIZZARDS, HEART AND LIVER (IN THAT ORDER) IN BUTTER, ALLOWING A COUPLE OF MINUTES FOR EACH TO COOK BEFORE ADDING THE NEXT. LIVER SHOULD ONLY COOK ABOUT 1 MINUTE.

ARRANGE A SQUAB AND A BROILED PEAR ON EACH DINNER PLATE.

SERVE WITH RICE PILAF, ORZO, OR TURNIPS.

SERVES 4

