

# 7D MkII Denier's Recipe Book.

Now that the 7D MkII is here I thought I'd make things much easier for all those people who were adamant in their predictions that the 7D line was dead and that we'd never see a MkII. Or, if we did, it would be APC-H with a 1.3x crop. Or, even more hilarious, Full-Frame.

Now these people are going to have to eat their hats, or eat crow, or at the very least a large portion of Humble Pie. So I thought I'd put together some recipes to make them tastier.

## Poached Hat

Poaching is fast, easy and no fuss, and if you want to serve a sauce with the hat then using the poaching liquid introduces the flavour of the hat itself. Cloth hats can be poached in white wine or cider, which will make a lovely sauce. Straw hats can be poached in a pan of water to which a glass of dry white wine or cider has been added, along with a few sprigs of fresh herbs, a couple of bay leaves, slices of lemon, thin onion slices and a few black peppercorns.

## Roast Crow

*serves two*

*2 crows*

*2 knobs of butter*

*2 garlic cloves, squashed but intact*

*2 sprigs of thyme*

*4 sage leaves*

*40g butter, melted*

*salt + pepper*

*100ml red wine*

Heat the oven to 200C/180C fan. Stuff the birds with the butter, garlic and herbs and place in a roasting tray breast side up. Pour over the melted butter and season. Pour 50ml of the wine into the tray. Roast for 10 minutes. Reduce the heat to 180C/160C fan. Turn the crows over, add the remaining wine and roast for a further 30 minutes. Remove from the oven and allow to rest in the tray for 10 minutes.

## Humble Pie

### *Ingredients*

---

- Entrails of a deer -stomach .washed intestine ,[liver](#) ,etc
- [beef suet](#) to the same weight as the deer entrails
- 10 [cloves](#)
- tsp [mace](#)
- tsp [nutmeg](#)
- tsp cinammon
- pinch [salt](#)
- 4 pounds of [currants](#)
- half a pound of candy'd [orange](#),lemon and [citron](#) peel
- half a pound of [dates](#)
- pastry

### *How to make it*

---

- Parboil the Humbles of a Deer
- Take all the Fat off them
- Add the Beef Suet and mince it very small together
- Season it with Cloves,Mace ,Nutmeg ,and a little Cinammon and Salt
- Put some Currants,Candy's and Dates ,stoned and sliced
- Fill your Pye and lid it
- When baked put in some Sack and serve it
- This ancient recipe is from Castle Howard in Yorkshire and is the inspiration for the saying "to eat humble pie " as only the peasants ate this pie ,the better meat being saved for the aristocrats .It was written down in 1734 .