

# Grilled Pigeons Egyptian Style

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pigeon-recipe>

## Ingredients:

- 6 pigeons 4 to, or 8 to 16 doves, plucked
- olive oil to coat them
- 1 teaspoon ground cinnamon
- 1 teaspoon cayenne
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon black pepper
- 1 teaspoon ground cardamom optional
- 1/4 teaspoon cloves
- 2 teaspoons dried oregano
- 1 teaspoon dried mint
- 1 tablespoon kosher salt
- 2 cups freekeh or bulgur wheat
- 2 cups pigeon or dove broth, or chicken broth
- 2 tablespoons olive oil
- 1/2 cup shallots minced
- 2 garlic cloves minced
- 1 red bell pepper diced
- 3 tablespoons olive oil high-quality
- 1/4 cup chopped parsley
- salt
- black pepper
- lemon juice to taste

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 77 grams
3. Fat: 24 grams
4. Fiber: 15 grams

5. Protein: 16 grams
6. SaturatedFat: 3 grams
7. Sodium: 2000 milligrams
8. Sugar: 2 grams

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