

Guinea Fowl with Wild Mushrooms

Serves 4

Cuisine: British

Preparation Time: 25 Minutes

Cooking Time: 1 ½ Hours

Ingredients:

1 Guinea Fowl (approx.. 1.5 kg)
4 tbsp Olive Oil
4 Cloves of garlic
25g Butter
250g Wild mushrooms (eg: chanterelles, shiitake, girolles etc)
1 Savoy cabbage
Pinch Nutmeg
Sea Salt and freshly ground black pepper
Sprigs of fresh thyme

For the Sauce:

100ml Madeira or Port
250ml Brown chicken stock or beef stock
2 tbsp Butter
½ tsp Fresh thyme leaves
½ tbsp. Fresh parsley, chopped
Sea salt and freshly ground black pepper

Method:

1. Pre-heat the oven to 200°C.
2. Place the thyme sprig/s and garlic inside the guinea fowl and season inside and out.
3. Heat 2 tbsp of the oil in a roasting tin in the oven. Place the Guinea fowl on one of its sides in the tin and roast for 10 minutes.
4. Turn the bird over onto the other side and roast for 10 minutes.
5. Turn the bird breast-side up, lower the temperature to 180°C and roast for 20 minutes.
6. Remove from the oven, transfer to a clean dish, cover with foil and rest for 15 minutes.
7. To make the sauce, pour the fat from the roasting tin and deglaze with Madeira or port then tip the juices into a saucepan and add the stock. Reduce by half.
8. Heat a large frying pan over a high heat, add the remaining oil and fry the mushrooms with a little salt for 3-4 minutes. Tip into a roasting tray.

9. Cut the legs off the Guinea fowl and place in the tray with the mushrooms.
10. Cut the breasts off the bird and place on the tray.
11. Warm in the oven for 3-4 minutes.
12. Bring the sauce to the boil, then whisk in the butter and herbs and season to taste.
13. Heat a frying pan until hot and add butter and the cabbage. Stir fry until wilted then season with salt, pepper and the nutmeg.

To Serve:

Place a little of the cabbage and some mushrooms onto a warmed plate then top with the Guinea fowl and pour the sauce over.

Chef's Notes:

