

Roasted guinea fowl with lentil puree, pancetta and pickled chanterelles

Guinea fowl makes for an interesting alternative to chicken. It has a stronger, gamier flavour so needs additional, stronger flavours that can stand up to it. The smokey pancetta and earthy lentils work very well here and the piquant mushrooms cut through all the flavours.

Serves 4 as a tapa

2 guinea fowl supremes

100g puy or pardini lentils, soaked

100g pancetta, cut into lardons

40g chanterelles, picked over and washed

30ml muscatel vinegar

1 clove of garlic

Sea salt

Black pepper

Pinch of sugar

Olive oil for cooking

Set a medium pan of water on the heat to simmer.

Roll the supremes tightly in cling film and tie the ends so they are air tight. Place the rolls in the simmering water and cook for ten minutes. Remove from the water and rest. Poaching this way keeps the breasts moist and succulent and can just be finished with a brief pan roast.

Cook the lentils in unsalted water with the garlic until tender. Drain well reserving the cooking liquor. Transfer the lentils into a blender and puree until smooth, adding the cooking liquor to achieve a thick creamy consistency. Season well with salt and pepper and then transfer the puree to a warm place and reserve.

In a sauté pan heat a lug of olive oil and quickly fry the chanterelles for 30 seconds. Remove from the pan into a small bowl and season well. Pour over the muscatel vinegar and add the pinch of sugar. Reserve.

Finally heat another sauté pan over a medium heat and add a lug of olive oil. Remove the supremes from the cling film, dry and then place in the sautee pan, season well and start to caramelise on all sides. At this stage add the pancetta and cook along with the guinea fowl until they are brown and crisp. Remove the lardons and guinea fowl from the pan and rest.

To serve, slice the supremes into eight each and divide between warmed service plates. Accompany with some of the lentil puree, pancetta lardons and finally spoon over the pickled chanterelles. Serve.

