



Guinea Fowl

with spring Greens & Carrots & Mustard & Marjoram Sauce

INGREDIENTS (Serves 4)

50g/2oz Butter at room temperature
2 teaspoons Pickled Marjoram stalks removed and saved
Salt & Pepper
2 Guinea Fowl
Cooking Oil
450-675g (1-1½lb) Spring Greens
Iced Water
Freshly Grated Nutmeg
25g (1oz) Butter
450g(1lb) Baby Carrots
Generous pinch sugar
300ml(½ pint) Instant Stock
150ml(¼ pint) Double Cream
1-2 teaspoons Dijon or English Mustard

Pre heat the oven to 200C/400F/Gas6. Mix two-thirds of the 50g of butter with one teaspoon of the marjoram and season with salt & pepper. Push the butter under the skin of the breasts, folding the skin beneath the neck ends of the birds.

Brush each bird with the remaining butter and season with salt & pepper. Heat a roasting tray with a tablespoon or two of cooking oil. Once hot lay the birds on one side in the pan. Fry on a medium heat for a few minutes until approaching golden brown.

Turn the birds onto the other breast and repeat the process. Sit the birds breast side up in the pan and roast in a preheated oven for 40-45 minutes, basting every 10 minutes to guarantee a richer finish. Remove the birds from the oven and lightly cover with foil to keep them warm. Rest for 15 minutes.

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While the birds are roasting, prepare the spring greens. Gently tear the leaves into bite-size pieces and blanch in boiling water for approx 3 minutes until tender. Refresh in iced water before draining and squeezing gently to remove excess water. Season with salt, pepper and nutmeg, then fold half the 25g of butter through the leaves. These can now be microwaved when needed or heated in a saucepan.

The baby carrots can also be cooked earlier for micro waving or just at the end of the end of the roasting time, while the birds are resting. Peel or scrape the carrots, leaving 1-2cm of stalk attached. Place in a saucepan and barely cover with boiling water. Add a pinch each of salt & sugar along with the remaining half of the butter.

Return to the boil & simmer rapidly for 3-10 minutes until just tender. (The liquor the carrots have been cooked in can be used as the base for the instant stock. If so, drain off 300ml and keep to one side, leaving the carrots in the pan with the remaining liquor).

Remove the birds from the roasting tray; pour off any excess fat. Place the tray on a medium heat and when beginning to sizzle add 300ml of the stock. Add the saved Marjoram stalks. Allow the stock to reduce by a third, then pour in the double cream. Bring to a simmer and cook to a loose sauce consistency. Strain through a sieve. Now add the mustard and the remaining marjoram leaves. Return the carrots and heat through quickly along with the spring greens (microwaved or in a saucepan). Cut the legs & breasts from the birds put onto plates and serve with the vegetables and the sauce.