

Guinea fowl chouX farci

Ingredients

For the roast shallot purée

900g/2lb shallots, ends trimmed
 120ml/4fl oz olive oil
 1 fresh thyme sprig
 knob of butter
 6 tbsp double cream
 salt and freshly ground black pepper

For the mushroom duxelle

50g/1¾oz unsalted butter
 1 tbsp olive oil
 1 banana shallot, chopped
 500g/1lb 2oz chestnut mushrooms, finely chopped

For the guinea fowl

4 guinea fowl legs, boned and minced
 200g/7oz mushroom duxelles (see above)
 1 tsp Dijon mustard
 1 tbsp snipped fresh chives
 1 tbsp chopped fresh parsley
 1 tbsp chopped fresh tarragon
 6 hispi cabbage leaves, stems removed

To serve

75g/2¾oz unsalted butter
 200g/7oz girolles mushrooms, cleaned
 2 large potatoes, peeled and spiralised
 400ml/14fl oz gravy or jus

Method

1. For the purée, preheat the oven to 180C/160C Fan/Gas 4.
2. Lay two large sheets of foil on top of each other on a work surface. Put the shallots in the centre of the foil, pour over the oil, add the thyme and season well. Draw the sides of the foil up to the centre and crinkle the edges to seal and form a parcel. Put on a baking tray and bake for 1½ hours, or until the shallots are really soft.
3. Remove the skins from the shallots and put the flesh in a blender with the butter and cream. Blitz well, then transfer to a bowl and season.
4. For the mushroom duxelles, heat a medium sauté pan and add the oil and butter, one hot add the shallots and cook for 3-4 minutes. Add the mushrooms and cook for a further 8-10 minutes or until all the water has gone out of the mushrooms. Set aside.

Preparation time

less than 30 mins

Cooking time

1 to 2 hours

Serves

Serves 4

Make the most of cabbage with this elegant French recipe.

By Galton Blackiston
From Saturday Kitchen

5. For the guinea fowl, put the mince, duxelles, mustard, chives, parsley and tarragon in a large bowl and mix. Roll the mixture into six balls.
6. Blanch the cabbage in lightly salted water for 3–4 minutes, then plunge into iced water. Drain on kitchen paper.
7. Lay a sheet of cling film out and place a cabbage leaf on it. Put a guinea fowl ball in the centre and wrap the leaf around. Bring the cling film up around the leaf and tie like a balloon. Repeat with the remaining leaves and guinea fowl balls.
8. Bring a pan of water to 90C. Poach the balls for 15 minutes. Remove and set aside.
9. Heat a medium frying pan and add half the butter. Once hot and melted, add the mushrooms and cook for 2–3 minutes.
10. Heat the remaining butter in a separate pan, add the spirised potato and cook until crispy.
11. Serve the guinea fowl with the shallot puree, sautéed girolles, crispy potatoes and gravy.