

Roast Supreme of Guinea Fowl

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Black Bottle's underlying sweetness provides a delicious link between the guinea fowl and the sauce.

Guinea Fowl makes a wonderful tasty change from chicken. Here we have used a supreme and have cooked it extremely simply, it really doesn't need a lot of additional flavours or a heavy sauce.

1 Potato Galette

4 supremes of Guinea Fowl

20mls Black Bottle Blended Whisky

olive oil to baste the guinea fowl

1 teaspoon sea salt

½ teaspoon dried rosemary, crushed

½ teaspoon dried fennel seeds, crushed

Whisky Madeira sauce

100g redcurrants, frozen are fine if you can't get fresh

vegetables of your choice

Preheat oven to 220C/Gas 7

Start by making the potato galette. When the galette is in the oven, place the whisky in a dish and lay the guinea fowl, flesh side down on top. Set aside for a few minutes until you are ready to cook it. Now mix the sea salt, rosemary and fennel seeds together. Dry the guinea fowl skin and coat it with the olive oil then sprinkle the salt mixture quite thickly over it.

Reduce oven heat to 200C/Gas 6

Place on a baking tray and roast for about 15-20 minutes, this will depend on the size of the supremes. To check that it is cooked pierce the plumpest part of the breast with a skewer and if the juices run clear, it is cooked.

While it is cooking prepare the sauce and set it aside.

Remove the guinea fowl from the oven and keep warm, allow them to rest for at least 5 minutes.

Add the resting juices to the Whisky Madeira sauce along with the redcurrants and heat up to serve.

To serve

Place a wedge of potato galette on each plate, cut the supreme in half and place on top and then trickle the sauce around it. Place your chosen vegetables on the plate and serve.