

The Samuel Fox Country Inn

Comfortable rooms, fine food, real ales and a warm welcome



Roast Guinea Fowl and early Autumn vegetables, cider and sage

Ingredients – serves four

1	guinea fowl, oven ready approx 1.4g	2	kholrabi
50ml	pomace oil	20	small shallots
50g	unsalted butter	2 heads	romanesque
	salt & pepper	10	Jerusalem artichokes
2	carrots	bunch	sage
2	large shallots	500ml	good dry cider
1	head of garlic		



Method

For the gravy stock, peel the large shallots leaving the roots on and split them in half lengthways; cut off the root of the celery and wash thoroughly, wash and cut the remaining stalk into 2 cm pieces; wash and peel the carrots, split them down the centre and cut into 2cm pieces; wash and split the garlic head in half; pick the sage leaves from the stalks, putting them to one side for roasting and chop the stalks.

For the roasted autumn vegetables wash and remove the florets of Romanesque; peel the kohlrabi and cut into 2 cm cubes; peel the small shallots keeping the root on and wash and cut the artichokes

in half, leaving the skin on for a more chewy texture. Mix the vegetables and place in a non stick roasting tray with the sage leaves, brush with pomace oil and season with salt and pepper.

Take the oven ready guinea fowl and rub softened butter over the breast and legs, season with salt and pepper and place on top of the mixed stock vegetables in a roasting tray. Place in a pre heated oven at 180°C and cook for approximately 60minutes until golden brown. Turn and baste the bird every 10 minutes. When it is cooked (probe the breast and ensure it is above 65°C) remove the tray from the oven and rest the bird on the vegetables to allow the juices to mix with the vegetables. Then remove the guinea fowl onto a plate and keep warm. Put the tray of juices and stock vegetables on the hob and pour in the cider and bring to a simmer. Strain into a pan, discard the stock vegetables and reduce the liquid to a light gravy and place to one side until needed.

While preparing the gravy, roast the autumn vegetables in the oven at 180°C for approximately 40 minutes until golden and cooked. Add a small knob of butter to help brown the vegetables and enhance their flavour. Now strain off the autumn vegetables and place in an earthenware dish; chop up the guinea fowl into chunks of breast, leg, thigh and oyster; place on top of the roasted vegetables and warm in the oven. Plate up, pour over the heated gravy and serve. Delicious!

Note: in the restaurant we use a more complex procedure but this simplified process still yields a dish which is packed with flavours and sure to delight as the nights begin to draw in.