Cooking by the Canal du Midi

Suprême de Pintade farci aux mousseline d'été (GF)

Serves 4-6

Ingredients:

Supreme of guinea fowl or chicken per person (Four fillets + 100 g brousse will make about 200 g of mousseline)

French trimmed – keep the filets and trimmings for the mousse

Brousse:

500 ml of full cream sheep, goat or cow's milk (or half milk & half single cream)
1.5 tbs of lemon juice
500 ml of liquid should yield about 100-120g of cheese)

Mousseline

Filets and trimmings from the guinea fowl
Handful of baby spinach leaves
100 g of brousse or feta
½ egg white
Squeeze of lemon juice (optional)
Little nutmeg (optional)

Sauce Banyuls or Bigarade:

25 g sugar
40 ml white or sherry vinegar
80 ml Banyuls or dry white wine
(or a mix of 40 ml of each)
OR the zest and juice of a large orange
(c80 ml)
Bay leaf
120 ml light stock (chicken or veal)
25 g chilled chopped butter per person

Pintade.
Originally a game bird, but now domesticated and available all year round, pintade or guinea fowl has a flavour somewhere between chicken and pheasant and stands up well to a strong sauce. This recipe works well with all poultry.

Brousse is a French form of ricotta popular in Provence and Corsica, traditionally made with sheep or goats' milk. You can substitute cow's milk ricotta for any recipe calling for Brousse.

Mousseline means a soft, light, sweet or savoury mousse. Our recipe combines the filets from the guinea fowl together with brousse and summer vegetables

Sauce Banyuls & Sauce Bigarade are based on a classic sauce Gastrique - caramelised sugar blended with a wine vinegar - to which a light stock, usually chicken or veal is added along with a sweet wine or citrus juice. Banyuls is a sweet wine from the Languedoc coast near the Spanish border. We use fresh orange zest and juice for a Bigarade – a Seville or bitter orange is ideal!

Method:

Brousse:

First make the brousse, as it will take an hour to drain. Heat the milk on a medium heat with ½ tsp of salt until just below boiling – around 93C. The milk should start to foam on top and should simmer, not boil. Take off the heat and add the lemon juice. Stir and let sit for about 5 minutes. The curds should form quickly, but if they don't, add a little more lemon juice.

With a fine sieve, drain off the curds from the whey for about an hour (or give them a squeeze!). They can be left overnight for a firmer texture. The whey can be kept and used in our Fougasse bread recipe!

Sauce Banyuls or Sauce Bigarade:

The sauce can be made well in advance and finished as required. Chill the chopped butter in the freezer and then add when you are ready to serve.

Sprinkle the sugar in the bottom of a heavy pan. Heat on a medium heat until it slowly melts and forms a caramel (around 10 mins).

Add the vinegar and stir to combine. The vinegar will break down the caramel, so don't worry if it doesn't blend immediately. Cook slowly until most of the sharp vinegary smell has gone (around 10-15 mins).

Add the wine **or orange juice** and reduce by **2/3rds** (around 30 mins). **Add** the stock and reduce by **½** until the sauce is like a syrup (around 40 mins). When ready to serve, whisk in chilled butter a little at a time until the sauce is thick and glossy. Be careful not to let it boil as it could split. If it becomes too thick, loosen with a little warm water.

Mousseline:

In a food processor, blend the filets and trimmings with egg whites and salt. When well mixed, add the brousse cheese and a trickle of cream to form a sticky paste. Then blend in the raw baby spinach leaves until you get a really bright colour. The mix needs to be firm, but sticky and free enough to pipe.   Add more cream if necessary. Season very well. Take a tablespoon of the mixture and cook in the microwave for about 30 seconds. Taste for seasoning and adjust as necessary.

Preparing the guinea fowl:

Trim the breasts of sinew and excess fat. Cut off the knuckle with poultry shears or a strong knife. Push back the wing- flesh to reveal the bone. If necessary, wipe the cut bone.

Make a <u>small</u> incision in the widest part of the breast and move the knife through the breast towards the point to make a pocket for the stuffing. Be careful not to cut through the meat.

A small thin knife, such as a steak knife also works well. Try to take the pocket right to the end of the fillet. You want to fill it with about 50g of stuffing if possible. Don't overfill resulting in more stuffing than meat!

Fill a piping bag with the mousseline and pipe the mixture into the breast – pushing it along with your hand to disperse it evenly through the breast (or push in with the end of a teaspoon and your finger!)

Heat a large frying pan and, when very hot, add a little oil and sear the breast, skin side down, until golden brown. Season as you go. Continue to seal the meat all over for a few seconds and then place skin side up on a baking -tray.   The breasts can sit in the fridge until ready for use (This can be done a day before).

Heat the oven to 200C. Bake for around 15 minutes and leave to rest in a warm place, covered, for at least the equivalent cooking time.

Presentation:

While the meat is resting, whisk the butter into the sauce until it is rich, glossy and quite syrupy. Allow a tablespoon or two of sauce per person, so be careful not to boil it all away! Slice the guinea fowl at an angle away from the joint to reveal the mousseline and place the second piece beside it.   Drizzle the sauce around the meat; it is quite concentrated so you will need very little.

Notes and variations:

The mousseline can be varied according to the season and your taste. Mixed fine herbs such as chives, sorrel, basil or chervil can be used. Cooked asparagus or sundried tomatoes in oil; In Autumn, finely chopped mixed mushrooms cooked with butter, shallot and thyme are alternatives. Chopped walnuts or pine nuts add texture. Anything you fancy is possible, really! Serve with potato fondants, petit legumes farci or roasted ratatouille.