

Pintade aux Brugues

A Guineafowl recipe developed in and therefore named after a campsite in France: Les Brugues at Fanjeaux. This is a simple concoction featuring the flavour of shallots in a sauce based on dry rosé wine with the addition of a little wholegrain mustard. The flavour of the shallots is important so do not be tempted to add garlic. Scaling up to serve 4 would be a simple matter.

Planning

serves:	2
prep time:	10 mins
cooking time:	15 mins

Ingredients

olive oil
2 large banana shallots,
peeled
2 guinea fowl breasts,
skinned
200ml dry rosé wine
1 tsp wholegrain mustard
Salt & pepper

Method

Halve the shallots lengthwise then cut into slices about 3mm thick. Sauté these in a couple of tablespoons of olive oil until they just begin to turn golden, then remove them and set aside.

Brown the guinea fowl breasts in the onion oil on both sides then lower the heat, cover and cook gently for 10 minutes. Set the breasts aside, leaving the accumulated liquid in the pan.

Return the shallots to the pan with the wine and mustard, stirring to mix. Raise the heat a little and simmer to reduce and concentrate the flavours. You are looking for a light emulsion to form with the oil. Taste and adjust the seasoning.

Return the breasts, basting them with the liquid, then cover and simmer to reheat.