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**Guinea Fowl with Pancetta Crisps, Cep Mash & Red Wine Jus**

Pan roasted Guinea fowl breast with crisps, cep mash, spinach &amp; a wild mushroom red wine jus.

**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
C 74030	Prime Meats Skin On Guinea Fowl Suprêmes	1	ea	
F 130259	Mashed Potatoes with Paris Mushroom and Ceps	100	g	Defrosted decanted into portion
A 119441	Essential Cuisine Red Wine Jus	50	ml	
C 119656	Marinated & Seasoned Wild Mushroom Mix (800g drai	20	g	
F 30866	Brakes Freeflow Spinach Leaves	50	g	From frozen pre portioned
C 113874	Herb Bunched Thyme	1	g	
C 116161	Smoked Pancetta Slices	30	g	Crisped pancetta slices pre made
C 74831	Mixed Micro-Greens	1	g	

Allergens Contained in this recipe			
<b>Celery</b>	<b>Yes</b>	Sesame	<b>May</b>
Crustaceans	<b>May</b>	Soya	<b>May</b>
Egg	<b>May</b>	<b>Sulphites</b>	<b>Yes</b>
Fish	<b>May</b>	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	<b>May</b>	Rye	No
Mustard	<b>May</b>	Spelt	No
Nuts	<b>May</b>	Kamut	No
Peanuts	No	Gluten	<b>May</b>

**Method****Estimated Cooking Time: 0**

- Heat a pan with a little oil, seal guinea fowl until golden brown, season & add thyme
- Place in oven 200°C for approx. 8-10 mins until cooked , allow to rest.
- Heat cep mash & spinach to core temp
- Heat jus in a pan adding the mushrooms
- Heat the pancetta crisps on a tray
- Quenelle the mash on edge of plate, place spinach next to it. place breast on the angle over both
- Drizzle sauce over breast & mash
- Finally add pancetta crisps & micro greens & serve

Nutrition (pre-cooking)	
Energy per Portion (kcal)	763.4
Energy per Portion (kj)	3097.1
Protein per Portion	54.4
Carbohydrate per Portion	35.5
Sugars per Portion	7.6
Fat per Portion	44.4
Saturates per Portion	15.6
Fibre per Portion	4.6
Salt Equivalent per Ptn	6.7

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No