

## Guinea fowl with artichokes and potatoes

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The guinea fowl has strong and refined flavor meat. Accompanied by artichokes and potatoes, it's a classic and delicious second course, simple and quick to cook.



2h30'



4 people

### Ingredients

2 Guinea fowl  
4 Artichokes  
6 Potatoes  
q.b. Oil and salt mix  
q.b. E.V.O. Oil

## Procedure for preparing guinea fowl

Usually the guinea fowl is already bought clean with only the liver inside (good for the filling or for a sauce).

Cut it into 4 pieces, lay it on a baking sheet with baking paper and brush it with a mix of oil and salt.

Cooking according to table.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	180°	30'	/	0%	V5	/

Remove the hardest outer leaves of the artichokes,

cut the tip with the spines and clean the stem.

Cut the artichokes in half and bag them in vacuum cooking bags.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	95°	20'	/	100%	V5	/

Peel the potatoes and cut them in half. Leave them to rest in cold water for about an hour so they lose some of their starch. Place them on a baking sheet with parchment paper, season with a little oil E.V.O. and cook them following the table.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	190°	30'	/	20%	V3	/

## Plating

On the bottom of the plate place some of the sauce made from the cooking of the guinea fowl, then lay the pieces of guinea fowl, followed by artichokes and potatoes.

Finish with a round of oil, a sprig of rosemary and some sage leaves.

## Chef's tips

Passing the guinea fowl over a live flame helps to eliminate the residues of feathers and down.

To prevent the artichokes from becoming dark, keep them in water and lemon until used or vacuum-pack them immediately after cut.