

Guinea fowl breast crusted with Maille fine herbs mustard, cipollini onions, baked beans purée.

Recipe for 4 persons



Description

Guinea fowl breast crusted with a mix of panko and Maille fine herbs mustard, going with a smooth purée of baked beans, and glazed cipollini onions. Un suprême de pintade garnit de moutarde Maille aux fines herbes et panko, accompagné d'une purée fine de fèves au lard et d'oignons cipollini glacés à la cassonade et bouillon de volaille.

Note

The Maille brand is offering a lot of mustard choices, so don't have any hesitation switching for another one on this recipe.

Ingredients

For the guinea fowl breasts

- 4 Unit(s) Skin-on guinea fowl breast
- 30 Gr Japanese breadcrumbs (panko)
- 60 Ml Maille fine herbs mustard
- Vegetable oil
- Salt and pepper

For the baked beans purée

- 1 Unit(s) Shallot
- 60 Ml White wine
- 1 Can(s) Baked beans
- Vegetable oil
- Salt and pepper

For the cipollini onions

- 16 Unit(s) Cipollini onion
- 125 Ml Chicken stock
- 30 Gr Brown sugar
- Vegetable oil
- Salt and pepper

For the garnish (optional)

- 1 Handful(s) Arugula salad
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **425 F°**

For the preparations

Peel the cippolini onions. Finely chop the shallots. Mix the panko and the Maille fine herbs mustard.

Guinea fowl breast preparation

Season the guinea fowl breasts with salt and pepper. Place them skin side down in a hot pan with a drizzle of vegetable oil. Turn the breasts and sear them on the other side. Transfer to a baking tray with a parchment paper and top it with the mix of Maille fine herbs mustard and panko.

Cippolinis preparation

Place the cippolinis in small saucepan with chicken stock and maple syrup and cook uncovered until the liquid is completely absorbed to glaze the onions. Check they are cooked with a knife and add a little chicken broth if necessary. Season with salt and pepper.

Baked beans purée preparation

In a small saucepan, sweat the shallots, deglaze with white wine and reduce until dry. Add the baked beans and maple syrup and let heat through. Mix using the blender until smooth and add a little chicken broth if necessary.

To serve

Slice the breasts. Draw a line of mashed beans at the bottom of your plate, place your breast on top and put some onions cippolinis around. Decorate with a few arugula leaves.

Bon appétit!