

## Seared guinea fowl with Macadamia butternut squash puree and beans



(4 portions)

- 2 Guinea Fowl
- 100g Smoked bacon
- 200g Beans
- 100g Macadamia nuts
- 100g Soya beans
- 400g Butternut squash
- Pinch of cumin
- 20g Chopped parley/thyme
- 100g Smoked bacon
- 100ml Cream
- 1 Egg white
- Salt and pepper

### To prepare

1. Trim Guinea fowl supremes and clean the wing bone.
2. From the leg meat dice and place into a processor, add the macadamias, cream and egg white and pulse until a smooth texture is achieved.
3. Add the parsley and thyme and seasoning, pulse gently or fold through the forcemeat.
4. Make a pocket under the skin and fill with the forcemeat, re shape and reserve.
5. Place the butternut squash into a pan with some vegetable stock and boil, once cooked drain and reserve the stock. Place into a processor and pulse until smooth gradually add the reserved stock until the right texture is achieved, also add some cumin and season to taste.
6. In boiling salted water cook beans and skinned soya beans until tender
7. Sauté the diced smoked bacon lightly and reserve
8. To cook the guinea fowl sauté in a large pan skin side down first to set the forcemeat and crisp the skin, then turn and finish on the other side, to finish the dish place the supreme's into a pre heated oven 180°C gas 4 for approx 5 minutes until core temp is reached 62°C.
9. Lightly sauté the beans and the bacon together.
10. To serve, place a spoon of the puree on the plate and pull it across the plate. Place a large portion of the beans on the plate and cut the supreme in two places, place on the beans and serve with pan jus.