

LE CHAPON FIN

TABLE DU BIEN-MANGER
depuis 1895



CHATEAU
CHAUVIN

SAINT ÉMILION GRAND CRU
GRAND CRU CLASSÉ

Stuffed Christmas guinea fowl Einkorn wheat cooked like a risotto with seasonal mushrooms

Preparation: 1 hour

Cooking: 1 hour

INGREDIENTS FOR 4 PERSONS

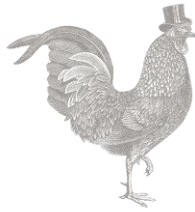
1 farm guinea fowl

Stuffing

- 200 g of soft bread
- 1 shallot
- 2 poultry livers
- ¼ bunch of parsley
- 1 egg
- 10 cl of liquid cream
- Oil (grape seed oil for instance, as it has a plain taste)
- Salt, pepper

Einkorn wheat risotto

- 300 g of einkorn wheat (if possible, let soak in a large volume of water 2 hours before preparation; if not, the cooking time will simply be a little longer)
- 1 shallot
- 1cl of white wine
- Vegetable broth or mushroom broth
- 400 g of mushrooms (small wild mushrooms, cepe mushrooms, chanterelle mushrooms...)
- 100 g of mascarpone
- 100 g of butter
- 50 g of grated parmesan
- 50 g of sliced parmesan
- Oil
- Salt, pepper



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PREPARATION

Prepare the guinea fowl: cut its neck and wings, keep in the fridge

Stuffing

Let the soft bread soak in the liquid cream for 5 minutes

Chisel the shallot

Chop the parsley and the poultry liver

In a bowl, put the soft bread lightly wrung out, the parsley, the shallot, the liver, salt and pepper

Add the egg, mix it to obtain a nice stuffing

Put this stuffing in the guinea fowl, tie it up to keep the stuffing in it

Add salt, pepper and oil to the fowl then put it in the oven

Cook for 1 hour at 180 °C

Einkorn wheat risotto

To give more taste to the einkorn, prepare a mushroom broth with mushroom leftovers : cook them in water for 15 minutes with a lid, then filter them

Slightly cook the chiseled shallot in a pan with a drop of oil

Add the einkorn, and deglaze with the white wine, then add the broth up to the top

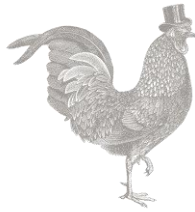
Cook for about 45 minutes, regularly adding some broth as soon the einkorn absorbs it (cooking time can be shorter if the einkorn has soaked in water beforehand: then divide cooking time by half)

When the einkorn is cooked, add the mascarpone and the grated parmesan, then add the butter, some salt and pepper and stir to get a beautiful creamy texture

Cook the mushrooms in a frying pan with a little oil until you obtain slightly colored mushrooms

Once the mushrooms are cooked, add them to the einkorn risotto and finally add the sliced parmesan

The dish can be served with the guinea fowl juice or a mushroom juice: let the mushroom broth reduce and add 30g of butter



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FOOD AND WINE PAIRING

To pair with this dish, we suggest to open a bottle of Château Chauvin 2014.

This refined vintage respects the delicacy of the guinea fowl. The wine presents nice fresh fruit and spicy flavors, mature tannins and a lovely balanced and elegant structure.

Service temperature: 18 to 20°C

Decant 30 minutes before serving

