How to cook [Guinea Fowl](#)

Preheat the oven to 230C, gas mark 8. Place the guinea fowl in a roasting tin and roast for 15 minutes per 500g plus 15 minutes. Cook thoroughly until the juices run clear when pierced with a fork and there is no pink meat. Do not reheat once cooled. Cool any leftovers to room temperature, refrigerate within 2 hours and consume within 2 days

How to Cook Guinea Fowl

Ingredients

[Guinea Fowl](#)
2 tsp olive oil
1 (about 1kg) guinea fowl
150g bacon lardons

250g long shallots, peeled and halved
150ml white wine
300ml chicken stock
1 tbsp wholegrain mustard
75ml double cream
a small bunch tarragon or flat-leaf parsley, chopped
mashed potatoes and greens, to serve

Method
STEP 1
Heat the oven to 200C/fan 180C/gas 6. Drizzle the olive oil over the guinea fowl and season generously, inside and out.

STEP 2
Heat an ovenproof frying pan over a medium-high heat and brown the bird all over until golden, then remove onto a plate. Add the lardons and onions to the pan, and cook for 5-10 minutes or until the fat has rendered from the lardons and they have started to crisp. Pour in the wine and bubble for a minute before adding the stock and mustard. Sit the guinea fowl on top of the onions and bake for 15 minutes before turning down the oven to 180C/fan 160C/gas 4 and

roasting for another 30 minutes or until the juices run clear when pierced in the thigh. Remove from the oven and move the bird to a plate to rest, covered with foil, for 15 minutes.

STEP 3
Meanwhile, put the pan over a medium heat and pour in the cream. Bubble for 5 minutes until thickened, then stir in the tarragon or parsley.

STEP 4
Pour any resting juices into the sauce and serve the guinea fowl with the sauce, mashed potatoes and greens.