

Guinea fowl Vallée d'Auge

Here is the recipe for *Guinea Fowl Vallée d'Auge* cooked for Talking of Food by Patrice Cauchard. This dish is equally spectacular made with pheasant or chicken, and is sometimes called *Cauchoise* or *à la Normande*. Serves 4

Ingredients

1	guinea fowl divided into 8 pieces
	flaked sea salt, pepper
2 tbsp	flour
100 g	lardons
250 g	mushrooms, <i>sliced</i>
2	shallots, <i>finely chopped</i>
	Calvados
approx. 250 ml	cider
approx. 250 ml	chicken stock
2–3 tbsp	crème fraîche
100 g	baby onions
2–3	small apples, e.g. Cox
1–2 tbsp	caster sugar
	chopped chives to garnish

Method

Season the guinea fowl joints with salt and pepper and toss in the flour to lightly coat. Heat a knob of butter and a dash of olive oil in a pan and sauté the guinea fowl until well browned all over. Add the lardons and continue to fry until brown. Then add the mushrooms chopped shallot and fry until softened.

Pour approx. 2 tablespoons of Calvados into the pan and flambé. When the flames have died down, add a glass of cider and enough chicken stock to nearly cover the guinea fowl. Simmer gently until the fowl is cooked and the sauce somewhat reduced.

Add the crème fraîche and stir to incorporate into the sauce. Cook until the sauce coats the back of a spoon (see video).

To make the garnish:

Slice the cored apples into rings and toss in a little caster sugar. Sauté in butter until caramelised. In another pan fry the baby onions until softened and golden. Combine the apples and onions in one pan and flambé with a little more Calvados.

To serve:

Transfer the guinea fowl with its sauce onto a serving dish and garnish with the apple slices and onions. Sprinkle with chopped chives.