

## Archie's Pan Roasted Guinea Fowl with Smokey Lentils, Roasted Tomatoes & Aioli

Serves 4

### Ingredients

1 Guinea Fowl  
250g Puy Lentils  
1 Red Onion  
1 Garlic Clove  
1 packet of Streaky Pancetta  
6 Plum Tomatoes for roasting  
2 Celery Sticks  
150ml Chicken Stock

### Aioli:

2 free-range egg yolks  
1 tsp dijon mustard  
1 tsp white wine vinegar  
250ml vegetable oil  
1 clove crushed garlic

**Pre roast the tomatoes:** Turn your oven to 100 degrees. Halve the tomatoes length ways and lay them cut side up on your oven tray. Splash over some olive oil, balsamic vinegar, brown sugar, sea salt & pepper and roast in the oven for 2 ½ - 3 hours. This helps dry them out and gives huge flavor to the tomatoes.

**To make your aioli:** Separate the egg yolks from the egg whites. Add the mustard and vinegar to the egg yolk. Whisk. Add a very small amount of the oil and whisk until it's well blended in. Add a little more oil and whisk again. Continue adding the oil, whisking thoroughly between each addition, until the sauce emulsifies and thickens after a few minutes. Stop adding the oil when the mayonnaise has reached the desired consistency (you may not need to use all the oil). If the mayonnaise is too thick, you can thin it with a little bit of warm water. Now add your crushed garlic and mash them up into your mayonnaise to create a very light aioli. Adjust the flavouring by adding more vinegar or mustard, if desired, and season with sea salt and white pepper.

**For the lentils:** Meanwhile put the lentils in a pan covered with cold water, bring to the boil then simmer for 15-20 minutes until just tender. Drain and set aside. Finely chop the onion, garlic, pancetta & celery and fry for a few minutes. Add this to the lentils, add the chicken stock and simmer for 2 minutes and keep warm.

**Finally your Guinea Fowl:** Make sure you have been able to quarter them so that you have two breasts & two legs, season with salt & pepper. Place a large pan over a high heat. Add some olive oil and fry skin side down for four minutes. Then transfer to the oven and roast for a further 10 minutes on 200 degrees.

**To serve:** Divide the warm lentils on each plate with 3 roasted tomatoes each. Place your Guinea Fowl on top and add a dollop of your aioli. Drizzle some good olive oil over the top as well.