

Stuffed Poussin

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Ingredients

4 poussin
100g cooked chestnuts (vacuum packed or tinned)
3 potatoes, peeled and boiled till just cooked
1 lemon, zest and juice
few sprigs fresh rosemary and thyme
small bunch chopped flat leaf parsley
1 clove of chopped garlic
extra virgin olive oil
grated nutmeg
sea salt and black pepper
slices of smoked pancetta or streaky bacon
8 toothpicks



Method

Prep Time: 15 mins
Cooking Time: 45 mins
Serves: 4

1. Pre-heat oven to 250°C
2. Rinse inside of chickens and pat dry
3. Chop the cooked chestnuts and cube the par boiled potatoes
4. Put 2-3 tbsps extra virgin olive oil into a heavy based frying pan and add some chopped pancetta and the garlic.
5. Mix in the chestnuts and potatoes, most of the lemon juice and all of the zest, chopped herbs and gently cook. Don't let the garlic burn but get all the juices and flavours mixed up
6. Add a grating of nutmeg and some thyme leaves
7. Season to taste and then remove from heat and allow to cool
8. Stuff each poussin and seal the cavity opening with a pair of toothpicks
9. Rub outside of the birds with olive oil, season well with plenty of sea salt and black pepper and wrap with the bacon, squeeze over a little lemon juice and place some sprigs of thyme and rosemary on the top.
10. Place in a roasting dish and roast in a high oven, 250°C/425 F for 45 minutes until well cooked, crispy and juices run clear.

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