



GUINEA FOWL / FREGOLA SARDA / KOHLRABI

QimiQ **BENEFITS**



INGREDIENTS FOR 10 PORTIONS

FÜR THE GUINEA FOWL

150 g Guinea fowl, pro Portion

FOR THE FREGOLA SARDA

1000 ml Vegetable stock

250 g Fregola sarda

60 ml Olive oil

50 g Onion brunoise

12 g Salt

2 g Pepper

150 ml White wine

100 Tomaten concassee

10 g Garlic, finely chopped

2 Lemon thyme leaves

FOR THE SPRING ONION CHIPS

125 g QimiQ Cream Base

300 g Spring onion

2 g Salt

30 g Flat-leaf parsley, plain

FOR THE CREAM KOHLRABI

250 g QimiQ Cream Base

500 ml Vegetable stock

700 g Kohlrabi

60 g Butter

35 g Spring onions, julienne

12 g Salt

2 g Pepper

50 ml Dry vermouth

TO SERVE

Chive oil

Guinea fowl jus

METHOD

1. For the guinea fowl

1. Cook the guinea fowl suprême sous vide in a water bath at 58 °C for one hour.
2. Remove from the bag, pat dry and fry in a neutral tasting oil.

2. For the fregola sarda

1. Sweat the onion brunoise and garlic in olive oil until translucent.
2. Add the Fregola Sarda and deglaze with white wine.
3. As soon as the wine has reduced, gradually pour in the vegetable stock and cook until al dente.
4. Fold in the thyme and tomato concassée.

5. Season with salt and pepper.
3. For the spring onion chips
 1. Finely chop the spring onions and blanch in boiling salted water. Rinse immediately in ice water.
 2. Drain well and squeeze out a little.
 3. Mix the spring onions well with the QimiQ Cream Base, parsley, salt and tapioca starch.
 4. Spread on a silicone mat and bake for approx. 20 minutes at 130 °C until crispy
4. For the cream kohlrabi
 1. Peel the kohlrabi and cut it into shape.
 2. Julienne the leaves and set aside.
 3. Sauté in butter, deglaze with vermouth and top with vegetable stock. Cook until soft.
 4. Finish with the QimiQ Cream Base.
 5. Add the kohlrabi leaves and spring onions.
 6. Season with salt and pepper
5. To serve

Arrange the fregola sarda, creamed kohlrabi and guinea fowl breast on a plate. Add the spring onion chips and serve with chive oil and guinea fowl jus.