

Yesterday we were struggling for inspiration. I said I?d just have a mooch around the discount fridge and see what caught my eye. Whole Poussin which should have been £3.17 each at 95p Now they were certainly a source of inspiration!

Ingredients:-

1 Poussin per person
Broccoli
Whole grain Mustard
Potatoes for the mash
1 Small bottle of Red Wine
1 Small Onion
2 Cloves of Garlic, minced
2 Sprigs of Rosemary, 1 finely chopped
Vinegar
Beef Stock
A knob of Butter
Salt & Pepper
2 Mushrooms, finely sliced
Lemon Juice
Fresh Thyme, chopped
Fresh Sage, chopped

Method:-

(1) With a pair of kitchen scissors cut the spine out of the Poussin and flatten them out to form a Spatchcock.

(2) Mix the Oil, Lemon Juice, Rosemary, Thyme, Sage and Whole grain mustard to form a marinade.
(3) Rub each bird on both sides with the marinade and allow to infuse in the fridge for a couple of hours.
(4) Sear on both sides and then place in a pre headed over at 180c for about 20 minutes.
(5) Baste at intervals with the marinade.

For the sauce:-

(1) Fry the Onions until softened.
(2) Add the minced Garlic.
(3) Season with Salt & Pepper.
(4) Add the Mushrooms, Rosemary and Vinegar.
(5) Add the Beef Stock.
(6) Allow to simmer for a few minutes.
(7) Add the Red Wine.
(8) Simmer to reduce.
(9) Just before severing add the Butter.

We served ours of a bed of Mustard Mash with the Broccoli around the sides and the sauce over the Poussin. This was an outstanding meal. We might have just broken budget, but it was worth it. We can always have dripping on crackers today!