



gourmet plate „poletto“ - ø 32,5 cm - no. 1961/013

POLENTA LASAGNE WITH PICKLED GUINEA FOWL LEG

SERVES 4:

2 Guinea Fowl legs, Salt, pepper from the mill, 750-1000 g goose fat, 1 twig rosemary, thyme and sage each, 150 g coarse Polenta, for ex. Bramata
Approx. 800 ml poultry stock, 1 bayleaf, 1 tbsp. butter, 200 g mushrooms, for ex. chanterelles, king oyster mushrooms, 4 leeks, 8 green asparagus spears, Some sage leaves, Olive oil for frying, 150 ml jus de veau

PREPERATION:

Salt and pepper the Guinea Fowl legs. Heat some goose fat in a pan and fry the Guinea Fowl legs in it from both sides. Heat the leftover goose fat in a pot to approx. 80 °C and pickle the Goose Fowl legs with herb twigs. Continue pickling them in the preheated oven at 80 °C for about 3-4 hours. The legs are done when one can remove the meat easily from the bone and is extremely delicate. Take the pickled legs out of the lard and let cool down a little. Remove the skin and then the meat from the bone. Pick the meat with the fingers into bite-size pieces.

For the Polenta: Boil up the poultry stock with the bayleaf, salt slightly and gradually add the Polenta while stirring. Reduce the temperature and let the Polenta simmer while stirring frequently for about ½ hour. Take the Polenta from the stove and season with the butter and the salt. Spread the Polenta onto a small baking pan until 4 cm thick. Let the Polenta cool down well, turn upside down and cut into 4 squares of approx. 7 cm length each. Cut the squares with a cake cutter or a thin knife in three thin slices.

Clean the mushrooms and halve eventually. Clean the leek, wash and halve.

Peel only the bottom third of the green asparagus and blanch in boiling salt water.

Refresh in ice water and halve.

Grill the Polenta slices in a coated grill pan without oil from both sides.

Gently roast the vegetable and some sage leaves in olive oil, salt and pepper.

Heat the Guinea Fowl meat with the Jus, season if necessary.

Put a Polenta slice each onto four pre-warmed plates. Cover these with the Guinea Fowl ragout, the vegetable and another Polenta slice. Repeat this procedure. Decorate the Polenta Lasagne with sage leaves and serve immediately.