

Grilled Guinea Fowl Breast with Roasted Vine Tomatoes and Crispy Ham

Ingredients:

4 x Guinea fowl breasts
400g Cherry vine tomatoes
4 Slices Cumbria air dried ham
100 ML Mellow Yellow rapeseed oil
2 Bulbs fennel
1 Lime
Salt
White pepper

Method:

- Place the cherry vine tomatoes on a sheet of foil and season with the salt and pepper. Drizzle the rapeseed oil over the tomatoes and wrap the foil up into a sealed parcel ensuring there are no holes.
- Place the foil parcel into a pre heated oven at 180 c for 12 – 15 minutes, until the tomatoes are just tender, then remove from the oven and leave in the foil parcel.
- Place a griddle pan on the stove and heat to a medium heat.
- Season the guinea fowl breasts with salt and pepper and rub a little of the remaining rapeseed oil on to the breasts.
- Place the guinea fowl breasts skin side down onto the heated griddle pan and cook gently, turning over to get an even cooking.
- Finely slice the fennel with a sharp knife or on a mandolin into a bowl.
- Grate the zest of the lime onto the sliced fennel and mix with a little of the lime juice and some rapeseed oil.
- Once the guinea fowl breasts are cooked, remove them from the griddle pan and place them on a tray to rest.
- Heat a non stick frying pan to a medium heat and fry the air dried ham with no oil until crispy.

To Serve:

- Put a pile of the fennel salad in the centre of the serving bowl and place the guinea fowl breast on top.
- Place the roasted tomatoes to one side of the guinea fowl breast and pour over some of the tomato cooking juices.
- Place a piece of crispy ham on top.