

Guinea Fowl

Free range Guinea Fowl

Also known as pintade, faraona or African pheasant, guinea fowl are smaller than chickens.

We rear them with our chickens although they are much more flighty and noisier. They tend to hang about as a gang. If disturbed they run with their tails swishing like long skirts in the grass. The meat is white with a delicate flavour, not gamey as the purplish skin colour suggests. At 1.5 to 1.8kg oven ready it makes a perfect roast for 2 people. As it is a very lean meat, it is worth placing strips of streaky bacon over the breast when oven roasting. Guinea fowl goes well with chestnuts & cream, marsala & wild mushrooms, fried apples & calvados. Get out those recipe books! The delicate flavour can be complimented with new potatoes coated with natural yoghurt, mayonnaise & mint & a simple green salad dressed with oil & vinegar.

One of our customers swears that you get the best stock from a guinea fowl carcass. You can use this stock in a wide range of dishes such as bolognaise sauces, soups and risotto.