

# Gill's Gourmet Gallery

## Guinea Fowl with apricots

### Ingredients:

- 1 Guinea Fowl
- 3 parsnips
- 3 large potatoes
- 6 apricots cut in half or a small tin of apricots
- Seasoning
- Gravy thickening
- 1/2 teaspoon sugar

### Method:

Pre heat the oven to 120C (fan).

You will need an ovenproof dish with a lid large enough to slow cook this dish.

Peel and chop the potatoes and parsnips into chunks.

Place in the ovenproof dish with 2 inches of water and ½ teaspoon salt.

Unwrap the Guinea Fowl and place on top of the vegetables.

Place the casserole dish with lid into the oven and slow cook for 2 hours.

Lift the casserole out of the oven add the apricots and cook for a further hour.

When ready to serve lift the guinea fowl out of the casserole to carve.

Add the gravy thickening into the remaining liquor in the pan, sweeten with half a teaspoon of sugar and season with salt and pepper.

Serve with your favourite seasonal vegetables.

