

Roasted Guinea Fowl

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1 Whole Guinea Fowl

2 Cups Chicken Stock

½ Cup white wine

2 T Olive Oil

1 each: Carrot, Celery, Onion(chopped very coarse)

Salt & Pepper

Preheat oven to 450 degrees. Rub the guinea fowl with olive oil and salt and pepper. Place vegetables, stock and wine in a shallow baking dish. Place the guinea fowl on top. Roast at 450 degrees for 20 minutes basting often. Reduce heat to 375 degrees and cook for 40 minutes or until done. Baste occasionally. Let guinea fowl sit approximately 5 minutes before carving.