



This might look like a bit of a showy dressed up gig. But we're not keen on spending more for a Small Chicken, than a Large one was last year. So when Poussin appear in the Yellow Sticker fridge I'm more than happy to pay the discounted price knowing that there's enough per serving and no waste. They have a much greater Meat / Cavity ration than the larger birds, so they actually work out better value.

Ingredients:-

2 Poussins

Marinade Ingredients:-

2 Tbsp of Honey
2 Tbsp of Red Wine Vinegar
1 Tbsp of Olive Oil
Zest of ½ a Lemon, plus the juice
3 Cloves of Garlic, minced
2 Tbsp of Soy Sauce (Gluten free for us)
A Thumb of Ginger, grated
1 Tsp of Dried Thyme
1 Tsp of Miso
Salt & Pepper to season

Method:-

(1) Combine the Marinade Ingredients.

- (2) Pour over the Poussins.
- (3) Place in the fridge covered for 30 minutes.
- (4) Cook in a pre-heated oven for 1 hour at 180c covered.
- (5) Remove the Poussins from the sauce and set aside covered.
- (6) Pour the remaining sauce into a pan and simmer to reduce.
- (7) Spoon the reduced sauce over the Poussins to server.

As we're enjoying our Asian recipes at the moment and have pretty much all the ingredients at hand, it would have been erroneous not to 'Chinesificate' them!