



Poached poussin with creamed cabbage, horseradish and spring vegetables

6 oven-ready poussin
6 cloves garlic
Thyme
2 litres fresh chicken stock
2 savoy cabbage
3 tbsp creamed horseradish
12 spears asparagus
3 carrots
200ml double cream
Vegetable oil for frying

1. Lightly salt the poussin inside the carcass and on the surface of the birds.
2. Wrap each bird in a piece of muslin cloth and tie with string approximately 20 x 20cm.
3. Place the birds into a pot that they fit snugly into and add the thyme and stock to the pan so that the birds are just covered.
4. Bring the stock to the boil and cover the pot with a piece of round greaseproof paper.
5. Place the pot into the oven at 200°c for 20 minutes so that the birds are cooked through.
6. Remove the birds from the pot and set them aside in a warm place.
7. Peel the carrots and cut them into batons 1cm square by 6 cm long.
8. Add the carrots to the stock and place the pot onto a high heat and cook it until it has reduced to approximately 500ml and the carrots are just cooked.
9. Cook the asparagus and savoy cabbage separately in boiling salted water until tender.
10. Divide the cabbage between the bowls and add the asparagus to the stock.
11. Whisk the horseradish into the stock pan and add the cream.
12. Adjust the seasoning of the sauce.
13. Remove the breasts and legs from the cooked birds with a sharp knife and place into the bowls on top of the cabbage.
14. Spoon some of the sauce and vegetables into the bowls over the poussin and serve.