

Bisquaise poussins with chestnut purée



4 people

15 min preparation time

60 min cooking time

All ingredients

- 1 tin 1/2 (400 g)** la belle-iloise lobster bisque
- 4** poussins
- 200 g** peeled chestnuts (available in jars or vacuum packed)
- 30 g** crème fraîche
- 1** onion
- 1** carrot
- 2 pinches** pepper

Steps

- 1- Peel the vegetables
- 2- Cook the poussins in water with the vegetables and a little salt starting in cold water (like a casserole), skim when they come to the boil
- 3- Simmer 30 to 40 minutes depending on their size
- 4- Preheat the oven to 250 °C (gas mark 9)
- 5- Drain the poussins and place them in a roasting dish
- 6- Roast until golden brown (approx. 20 minutes), then pour the bisque into the dish and return to the oven for another 5 minutes
- 7- Coarsely mash the chestnuts in a bowl with a fork and add the cream
- 8- Shape the purée into portions, place in a baking dish and brown under the grill for a few minutes before serving
- 9- Serve with steamed potatoes or basmati rice.