

# ROASTED POUSSIN, VARIATION ON PARSNIP AND BALLOTINE WITH WALNUTS AND HAZELNUTS

*for 6 people*

BY CHARLES COULOMBEAU

---

## BALLOTINE

6 poussin  
1 carrot  
1 onion  
75g walnuts  
75g hazelnuts  
75g currants  
1 tsp mustard  
2 tsps sherry vinegar  
Chives

Separate the thighs from the poussin cavity. Remove the back using a pair of scissors. Brown the thighs skin-side down in a frying pan until well-coloured, remove and place in an oven-proof dish, add the peeled and halved carrot and onions then cover with water. Cover the dish with tin foil and cook in the oven at 200 degrees for 90 minutes.

Once cooked, debone the chicken thighs then combine with the mustard, crushed currants and roughly chopped nuts. Add a pinch of salt to the mixture as well as 3 tablespoons of cooking liquid, the sherry vinegar and the chopped chives. Roll out a piece of cling film on the work surface, place the mixture on top and roll it into a ballotine. The next day, cut the ballotine into slices then brown in a frying pan.

Fry the rest of the poussin in the pan by browning the skin first then drizzling in butter foam.

---

Peel the parsnips. Keep one in lemon water for the parsnip chips, and chop the others into cubes. To make the chips, cut into thin strips using a vegetable peeler and fry gently in oil (at around 140 degrees). Cook the cubes in salted water until completely cooked.

Bring the cream to the boil and add the vanilla pod.

Drain the parsnips and place in a food processor. While blending the parsnips, gradually add the hot cream followed by the cold butter. Adjust the seasoning by adding a little salt, if necessary.

---

## PARSNIPS

750g parsnips  
150g double cream  
50g unsalted butter  
¼ vanilla pod

## MINI-PARSNIPS

3 bunch of mini-parsnips  
Honey  
Butter

Peel the mini-parsnips and keep in lemon water to prevent from oxidising. Cook in boiling water for 2 minutes then fry in a pan with butter foam.

Add a little honey near the end of the cooking time and caramelize.