



## Poussin with Preserved Lemon Salata & Garlic Yoghurt Sauce

Poussins, French for chicks, are young chickens, sometimes called spatchcocks. They're a good size to serve whole or halved, but you can also make this dish with a regular-size chicken and just increase the cooking time. Use a good organic bird, like the ones from Eugowra Game Birds, and a good naturally thick yoghurt, such as Meredith Dairy's. I love the flavour of preserved lemon, and this delicious salata (Arabic for salad) is great with any poultry, seafood or just over rice with yoghurt. It's easy to make your own preserved lemons and great to use every part of them; in this recipe the brine adds salt and acid to the marinade and the flesh goes into the birds' cavities before roasting. I like to keep the Arabic influence going with the wine match, Momento Mori's Staring at the Sun is a blend of vermentino, fiano and moscato giallo that has lovely notes of musk, orange blossom and ginger that work so well with this dish.

**Serves 4**

### INGREDIENTS

- 1 tablespoon ras el hanout
- ¼ cup extra virgin olive oil, plus extra for drizzling
- 2 tablespoons preserved lemon brine
- Preserved lemon flesh, reserved from making Salata below
- 2 x 600g poussins
- Steamed rice, for serving

### Preserved Lemon & Herb Salata

- 1 preserved lemon, rinsed, rind only finely diced
- 12 green olives, pitted and finely sliced
- 1 red shallot, very finely diced
- 2 tablespoons slivered almonds
- 2 tablespoons finely sliced chives
- 1 tablespoon finely sliced parsley leaves
- 2 teaspoons finely sliced mint leaves
- 2 tablespoons extra virgin olive oil

### Garlic Yoghurt Sauce

- 250g sheep's milk yoghurt
- 3 cloves garlic, crushed

### METHOD

1. Combine ras el hanout, oil and preserved lemon brine.
2. Pat poussins dry with paper towel, rub the oil mixture all over them, cover and set aside at room temperature for an hour or so, turning them in the mixture occasionally.
3. Meanwhile, pre-heat oven to 200°C.
4. Make Preserved Lemon & Herb Salata: combine all ingredients and set aside.
5. Make Garlic Yoghurt Sauce: whisk yoghurt and garlic together, cover and refrigerate.
6. Put preserved lemon flesh in the cavity of the poussins, place in a baking dish, breast side-up, and bake for 50 minutes or so, until well-coloured.
7. Remove from oven, cover loosely with foil and set aside for 5 minutes.
8. Cut poussins in half and discard preserved lemon flesh.
9. Arrange on a bed of rice, with cooking juices drizzled over the top and Preserved Lemon & Herb Salata on the side.
10. Place Garlic Yoghurt Sauce in a bowl, drizzle with olive oil and serve alongside.