

Quail with Rice and Olives Recipe

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients

1 tsp of Extra Virgin olive Oil
30gm butter
1 cup of finely chopped Onions
1 tsp Crushed Garlic
8 quails (cleaned)
5 fresh sage leaves
3 tsp chopped fresh rosemary
freshly ground black pepper

300ml *Pellegrino Marsala*. The Rice
375gm Cooked Rice
60gm butter chopped
100gm *Tibaldi Mortadella*
900gm of Sliced Black Olives
3 Tbsp grated fresh Parmesan
3 Tbsp chopped fresh basil

Preparation

Heat onions and garlic in oil in a frypan. Add quail to pan and cook over a high heat until brown on all sides. Add sage, rosemary, and black pepper to taste. Stir in marsala, bring to the boil and simmer for 20 minutes or until quail is cooked. To prepare rice, place rice, butter, mortadella and olives in a saucepan and heat gently, stirring, until butter is melted. Mix in parmesan and basil.

Quail with Fresh Thyme and Puy Lentils

Quail are a special treat, but you could substitute Poussin (baby chicken). If you do you will need to double the stuffing quantity. Puy Lentils are just divine with quail and I have added pan-fried, chopped mushrooms to intensify the mushroom flavours from the stuffing

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Ingredients

4 quail *	1/4 cup chicken stock
4 shallots, peeled and finely chopped	2 slices white bread, crumbed finely
1 clove garlic, crushed, peeled and mashed to a paste	4 rashers bacon
2 tblsp butter	8 sprigs thyme *
2 dried morel mushrooms *	25 grams extra softened butter
	pepper to season

Preparation

Wash the quail well and pat dry with absorbent paper. Cook the shallots and garlic in the butter until soft. Cool. Soak the morels with the chicken stock and set aside for 1 hour. Drain, reserving the stock and finely chopping the morels. Blend the mushrooms with the shallots, breadcrumbs and 2 tablespoons of butter. Stuff the quail with equal quantities of the mixture. Wrap the birds with the bacon and thyme and secure with string. Dot with the extra butter and season with pepper. Roast at 200°C for 30 minutes until tender. Serve the birds on the Puy lentils.