

ROASTED QUAIL, FENNEL AND POMEGRANATE

EQUIPMENT

SMALL AND LARGE MIXING BOWLS, BUTCHERS TWINE,
CHEF KNIFE, MEDIUM SIZE FRYPAN, SPOONS, TONGS

INGREDIENTS

3 LARGE WHOLE QUAIL, ½ BUNCH CORIANDER, 50GM FINE BREAD CRUMBS, 80GM BUTTER, 1 FINELY DICED SHALLOT,
1 FINELY CHOPPED CLOVE OF GARLIC, 30GM CHOPPED MACADAMIA NUTS, ¼ BUNCH CHIVES,
¼ BULB FENNEL, 1 LEMON, 1 POMEGRANATE, 4 RED RADISH, 20GM CURRANTS, OLIVE OIL, SALT

METHOD

HEAT A MEDIUM SIZE FRYPAN OVER MEDIUM HIGH HEAT AND ADD A SPLASH OF OLIVE OIL AND THE BUTTER. SAUTÉ SHALLOTS, GARLIC AND NUTS UNTIL FRAGRANT.

GRATE THE ZEST OF THE LEMON OVER THE BREADCRUMBS

ADD THE BREADCRUMBS TO THE PAN AND CONTINUE TO COOK FOR 2-3 MINS, CHOP ½ THE CORIANDER, REMOVE THE PAN FROM THE HEAT AND ADD THE CORIANDER AND CURRANTS. SEASON AND MIX WELL WITH A SPOON, TRANSFER TO A SMALL BOWL AND SET ASIDE

REMOVE THE WING TIPS AND NECK FROM THE QUAILS, SEASON THE INSIDE WITH SALT AND FILL EACH BIRD WITH THE STUFFING MIX

TRUSS EACH OF THE QUAIL WITH BUTCHERS TWINE AND PLACE ON A CAKE RACK OVER A SOLID TRAY. SEASON WITH SALT AND A DRIZZLE OF OLIVE OIL AND PLACE IN A PRE-HEATED OVEN COMBI MODE 220 DEGREES FOR 12 MINS

IN A LARGE MIXING BOWL PLACE THE REMAINING CORIANDER AND CHIVES, SLICE THE RADISH AND FENNEL THINLY AND SQUEEZE OVER THE LEMON JUICE SEASON WITH SALT AND SET ASIDE

FOR THE POMEGRANATE ROLL IT ON THE BENCH TO LOOSEN THE SEEDS INSIDE AND CUT IT IN HALF. WORKING OVER A MIXING BOWL USE THE BACK OF THE KNIFE TO TAP OUT THE SEEDS AND JUICE INTO THE BOWL. REMOVE AND DISCARD ANY WHITE PITH

ADD A FEW SEEDS TO THE SALAD AND WITH THE REMAINING SEEDS AND JUICE ADD A GENEROUS SPLASH OF OLIVE OIL TO CREATE A DRESSING. SET ASIDE

ONCE THE QUAIL IS COOKED REMOVE FROM THE OVEN AND COVER WITH FOIL AND REST FOR 8-10 MINS

PLACE A MOUND OF THE FENNEL SALAD IN A LARGE SERVING BOWL AND REMOVE THE TWINE FROM THE QUAIL, SPOON OVER THE POMEGRANATE DRESSING AND SERVE

HINTS & TIPS

- ENSURE YOUR QUAIL IS AT ROOM TEMPERATURE BEFORE ROASTING TO ENSURE EVEN COOKING
- ALLOW THE QUAIL TO REST BEFORE SERVING TO ENSURE A TENDER JUICY RESULT
- THIS IS A IDEAL SPRING/SUMMER DISH AND GIVES A NOD TO THE MIDDLE EAST FOR THE USE OF POMEGRANATE AND SPICED STUFFING