

Local quail with sage and polenta

By Shannon Bennett

1 hour

Prep time

15 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

Quail

8 quail
1 lemon, juiced
2 garlic cloves, crushed
1 cup olive oil
2 tablespoons (50 g)
toasted flaked almonds
1 French shallot, finely diced
1 tablespoon tarragon, chopped
1 teaspoon lemon thyme, chopped
1 tablespoon sage, chopped
100 g fresh breadcrumbs
100 g foie gras or chicken livers
(50 g cleaned weight, cut into 2 cm
pieces)
Sea Salt
White pepper to taste

Polenta

½ onion, chopped finely
1 clove garlic, chopped finely
Olive oil
1.1 litres chicken stock
200 g yellow polenta
150 g grana padano parmesan, grated
20 ml De Soto sherry vinegar
1 teaspoon
Sea Salt
White pepper for seasoning
150 g butter

Crispy herbs

4 sage leaves
2 sprigs lemon thyme
1 sprig tarragon
20 g butter
50 ml olive oil

METHOD

Quail

1. Select Moisture Plus 200°C with 1 manual burst of steam.
2. Rinse the birds and pat dry inside and out. Remove the neck and wishbone of each quail.
3. Marinate the quails with lemon juice, 1 of the crushed garlic cloves and $\frac{3}{4}$ cup of olive oil for a minimum of 1 hour or, preferably, overnight.
4. If using, sauté the liver in a pan over medium heat, Induction setting 5, for 2 minutes or until browned, but still pink in the middle. Remove from heat.
5. Remove the quails from the marinade and drain well.
6. In a food processor, add the almonds, remaining crushed garlic, diced shallot, herbs, the remaining olive oil, breadcrumbs, salt and pepper. Pulse until combined.
7. Place stuffing inside the cavity of each bird, along with a square of foie gras or chicken livers.
8. Place in oven on shelf position 3, cook for 12 minutes and release the burst of steam.
9. Select Fan Grill at 200°C and continue to cook for 3 minutes.
10. Remove quail from oven and rest for 5 minutes prior to serving.

Polenta

1. In a heavy based saucepan, sweat off the onion and garlic in some olive oil.
2. Add $\frac{1}{2}$ of the chicken stock and bring to the boil on Induction setting 9, then reduce to setting 5.
3. Sprinkle in the polenta, whisking constantly to avoid lumps forming. Reduce Induction setting to 3 and continue to cook, stirring constantly for 15 minutes, whilst slowly adding remaining stock.
4. Add the parmesan, butter and sherry vinegar, mix well and season to taste.

Herbs

1. Combine butter and oil in a wide based pan on high heat, Induction setting 7-8.
2. Making sure herbs are dry, drop into the hot oil, turn once and cook for 1 minute, then remove and place on paper towel to become crisp.

To serve

1. Place a large spoonful of polenta into the centre of the plate, top with 1-2 quails and a scattering of crispy herbs.

Hints and tips

- Serving suggestion 1-2 quail per person.