

# 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.