

Crispy Quail

with Chorizo & Jasmine Rice Stuffing
and Pomegranate Gastrique



Photo by Adam DeTour

CHORIZO & JASMINE RICE STUFFING

(serves 4-6 people)

INGREDIENTS

4 links fresh chorizo (1 per bird)
removed from casing
1 small Spanish onion (sm dice)
4 garlic cloves (minced)
2 cups of cooked jasmine rice
½ cup white wine
salt and merkén to taste
canola oil for cooking

Note: if you can't find merkén, substitute smoked hot paprika or your favorite chili spice

METHOD

Preheat a medium-size pan with a heavy bottom over medium heat. Add just enough canola oil to lightly coat the bottom of the pan, and then add the sausage and lightly sauté for about two minutes or until it is lightly browned on the bottom. Add the diced onion and garlic and repeat process, cooking for about 2 minutes, or just until the onion has turned lightly translucent. Deglaze with white wine and cook for about 30 seconds, or until the wine has mostly evaporated. Transfer the sausage mix to a large mixing bowl, add the rice, and toss to combine all ingredients. Adjust seasoning and remove onto a sheet tray to completely cool.

For the rice, in a large pot boil about 1 gallon of heavily salted water. Add the rice and stir vigorously so it does not stick to the bottom of the pot. Cook the rice for about 15 to 20 minutes, stirring occasionally. Once the rice is tender and completely cooked through, strain and reserve for the stuffing.

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POMEGRANATE GASTRIQUE

(serves 4-6 people)

INGREDIENTS

1 shallot (minced)
½ cup dry white wine
canola oil for cooking
2 cups pomegranate juice
salt and merkén (for seasoning)
¼ cup champagne vinegar
2 tbl unsalted butter (cold)

Note: for a fancier presentation, strain the sauce through a fine mesh strainer before adding the butter.

METHOD

For the pomegranate sauce, heat a medium-size sauté pan over medium high heat, then add a little canola oil. Add the diced shallots, season with salt and merkén, and sauté for about 30 seconds. Deglaze the pan with white wine, then add the vinegar and the pomegranate juice. Lower the heat and simmer the sauce until the liquid has reduced by at least three quarters. Shut off the heat, add the butter, and stir vigorously until the butter is fully incorporated and the sauce has a nice shine to it. The sauce should be thick enough to coat the back of a spoon. Serve immediately.

Crispy Quail

CRISPY QUAIL
(serves 2-4 people)

with Chorizo & Jasmine Rice Stuffing
and Pomegranate Gastrique

INGREDIENTS

4 quail (1 or 2 per person)
salt and merkén (for seasoning)
canola oil (for shallow frying)
4 cups rice & chorizo stuffing

Note: you will also need butcher's twine to truss the legs together

METHOD

While the rice is cooking, prepare the quails. First remove any excess moisture from the quails by patting the skin dry with some paper towels. Next, season the inside of the cavities with salt and merkén (or any spices that you like). Lightly stuff the quails' cavities with the rice stuffing, being careful to not overstuff the birds. Once this step is complete and all the birds are stuffed, season the skin liberally with salt and cross and tie the legs with butcher's twine to close the cavity and hold in the stuffing. In a large heavy-bottomed sauté pan, heat about one inch of canola oil over medium heat until oil is nice and hot but not smoking. Gently lay the quails in the oil, breast side down. Shallow fry the birds for about 2 minutes, or until the skin is a nice light brown and slightly crispy. Flip the birds and repeat the process, making sure that the oil is still at a nice cooking temperature. Once all the skin is crispy, remove the birds onto a sheet tray and place them in a 350 degree oven for about 5 to 10 minutes while you prepare the sauce. Remove the quails from the oven and allow them to rest for about 2 to 3 minutes. Plate the quails, one or two per person, garnish with the pomegranate sauce, and enjoy.



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