

## BONED AND STUFFED QUAIL WITH CALVADOS SAUCE

### 2 Quail

#### **Stuffing**

1 dessert apple chopped  
60g bacon  
breadcrumbs  
lemon zest(fine)  
sage (chopped)  
juniper berries (crushed)  
salt & pepper  
egg to bind

#### **Game Stock**

quail carcass  
onion  
carrot  
celery  
thyme  
parsley stalks  
bay leaf  
peppercorns  
cold water

#### **Sauce**

shallots  
mushrooms  
leek (chopped)  
garlic(chopped)  
tomato puree  
50ml Calvados  
100ml dry cider  
red wine  
reduced game stock  
seasoning

#### **Method:**

Bone out the quail leaving leg and wing bones attached.

**Make up the stock** - Brown quail bones and vegetables in a little oil. Pour off the excess fat. Add water and remaining ingredients and bring to the boil. Skim the surface regularly and gently simmer. Strain and reduce.

**Make up the stuffing** - Cut some slices of apple and saute until golden (*to use for garnish*). Finely dice the rest of the apple. Finely chop the bacon. Gently saute the bacon, add the diced apple and cook for 1 to 2 minutes. Combine the bacon and apple with the crumbs, lemon zest, chopped sage, crushed juniper berries and salt and pepper. Bind together with a little beaten egg. Cool.

**Stuff the quail** - pull the skin together underneath and secure with cocktail sticks. Arrange back into shape and truss. Brown the quail on all sides in hot oil, season, transfer to the oven 200 degrees C and roast for 20 minutes. Rest for 10 minutes in a warm place and remove cocktail sticks and string.

**Make up the sauce** - reduce the stock to approximately 150ml - reserve. Cook the shallots, mushrooms, leek and garlic in a little butter until soft. Add the tomato puree, stir in the cider and reduce by half. Add the calvados and reduce a little. Stir in the stock and simmer until syrupy, strain and season.



*The Gascony Cookery School*