



## Andouille Cornbread Stuffed Quail, Red Eye Gravy

READY IN



80 min.

SERVINGS



4

CALORIES



931 kcal

SAUCE

### Ingredients

- 0.3 cup andouille diced
- 24 braised brussels sprouts halved for serving
- 0.5 cup chicken stock see
- 0.3 cup hot-brewed coffee
- 2 cups cornbread pureed crushed
- 1 tablespoon parsley fresh minced
- 1 teaspoon tarragon fresh minced
- 1 tablespoon thyme leaves fresh minced

- 1 teaspoon garlic minced
- 1 teaspoon ground ginger
- 1 tablespoon grapeseed oil
- 4 servings salt and ground pepper
- 0.3 cup tasso ham diced
- 2 cups potatoes mashed for serving
- 4 quail whole
- 0.3 cup onion red minced
- 1 tablespoon butter unsalted at room temperature
- 2 tablespoons butter unsalted
- 0.5 cup veal stock

## Equipment

- frying pan
- sauce pan
- oven

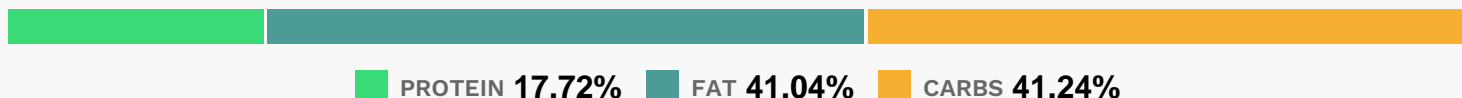
## Directions

- For the stuffing: In a pan over high heat, add the oil and allow to warm. Then reduce the heat and add the andouille and garlic, warming for 2 minutes, stirring throughout. Once warmed, add the stock, herbs, ginger powder and salt and pepper to taste, and again warm for 2 minutes. Once heated, remove and add to the cornbread and fold all the ingredients together. Allow to sit or rest for 20 minutes before stuffing the quail. This will allow all ingredients to bloom together, creating the stuffing.
- For the red eye gravy: In a small saucepan, warm the butter until melted, and then add the onions and cook until softened, 2 to 3 minutes. Once the onions are cooked, add the tasso and allow the onions and tasso to blend for 2 minutes. Next, add the coffee and allow the liquid to reduce by half in volume. Once the coffee has reduced, add the stock and parsley, reduce the heat to medium-low and allow to simmer for 10 to 12 minutes. Once finished, hold warm until serving.
- For the quail: Preheat the oven to 375 degrees F. To stuff and cook the quail, portion the stuffing into 4 portions and then fill each quail cavity. Once stuffed, rub the exterior of the

birds with the butter and sprinkle with salt and pepper. Then bake for 16 to 18 minutes (or fry in in preheated 375 degree oil for 4 minutes), ensuring the stuffing is warmed above 165 degrees. Once cooked, remove from the oven and rest the quail while plating the remainder of ingredients.

To plate, portion quarter of the potatoes to the center of a plate, then add Brussels to the side of the potatoes, then top the potatoes with a quail and finish with the prepared sauce.

## Nutrition Facts



## Properties

Glycemic Index:101.44, Glycemic Load:15.84, Inflammation Score:-10, Nutrition Score:46.360869438752%

## Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 3.75mg,  
Naringenin: 3.75mg, Naringenin: 3.75mg, Naringenin: 3.75mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg,  
Apigenin: 2.2mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.5mg,  
Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.9mg, Kaempferol: 1.9mg,  
Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg  
Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 930.56kcal (46.53%), Fat: 42.91g (66.02%), Saturated Fat: 15.9g (99.36%), Carbohydrates: 97g (32.33%),  
Net Carbohydrates: 87.04g (31.65%), Sugar: 23.52g (26.13%), Cholesterol: 191.88mg (63.96%), Sodium: 1130.84mg  
(49.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 41.7g (83.39%), Vitamin K:  
225.61µg (214.87%), Vitamin C: 129.77mg (157.3%), Phosphorus: 970.96mg (97.1%), Vitamin B3: 14.76mg (73.79%),  
Vitamin B6: 1.46mg (72.75%), Vitamin B1: 0.86mg (57.07%), Iron: 10mg (55.57%), Manganese: 1.11mg (55.51%),  
Selenium: 37.16µg (53.09%), Copper: 0.91mg (45.38%), Vitamin B2: 0.76mg (44.71%), Potassium: 1507.49mg  
(43.07%), Folate: 168.93µg (42.23%), Fiber: 9.96g (39.84%), Vitamin A: 1781.6IU (35.63%), Zinc: 4.99mg (33.28%),  
Magnesium: 111mg (27.75%), Calcium: 261.24mg (26.12%), Vitamin B5: 2.42mg (24.19%), Vitamin E: 3.06mg  
(20.39%), Vitamin B12: 0.96µg (15.99%), Vitamin D: 0.43µg (2.84%)