



Crispy Smoked Quail Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



782 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 8 servings bourbon dressing
- ☐ 0.5 cup celery hearts thinly sliced
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 8 servings pickled onion red
- ☐ 1 cup vegetable oil; peanut oil preferred
- ☐ 2 pears ripe thinly sliced

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 quail
- ☐ 2 cups rice flour
- ☐ 8 cups gourmet salad greens
- ☐ 0.5 teaspoon salt
- ☐ 8 servings hickory chunks
- ☐ 8 servings spiced pecans
- ☐ 8 servings vegetable oil
- ☐ 1.5 cups water

Equipment

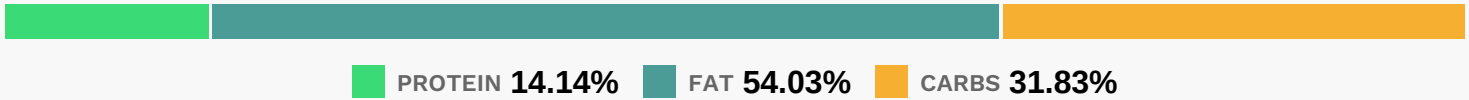
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Soak wood chunks in water 1 hour.
- ☐ Combine peanut oil and next 3 ingredients in a heavy-duty zip-top plastic bag; add quail. Seal and chill 1 hour, turning occasionally.
- ☐ Remove quail from marinade, discarding marinade.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Drain wood chunks and place on coals.
- ☐ Place water pan in smoker; add water to depth of fill line.
- ☐ Place quail on lower food rack; cover with smoker lid. Smoke 25 to 30 minutes.
- ☐ Let stand 30 minutes.
- ☐ Stir together flour and next 3 ingredients in a small bowl just until blended.
- ☐ Pour vegetable oil to a depth of 3 inches into a Dutch oven; heat oil to 37

- ☐ Hold quails by legs, and dip into batter, coating thoroughly. Fry quail in batches in hot oil 2 to3 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Toss greens with 1/4 cup Bourbon Dressing; place on individual serving plates. Top each with a quail; divide pear slices and remaining ingredients evenly among salads.
- ☐ Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:25.43, Inflammation Score:-7, Nutrition Score:20.633043434309%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 781.64kcal (39.08%), Fat: 44.34g (68.22%), Saturated Fat: 7.93g (49.54%), Carbohydrates: 58.79g (19.6%), Net Carbohydrates: 55.04g (20.01%), Sugar: 20.03g (22.26%), Cholesterol: 82.96mg (27.65%), Sodium: 396.6mg (17.24%), Alcohol: 6.26g (100%), Alcohol %: 2.07% (100%), Protein: 26.11g (52.23%), Vitamin B3: 9.62mg (48.11%), Vitamin B6: 0.88mg (44.16%), Phosphorus: 364.27mg (36.43%), Selenium: 24.49µg (34.98%), Copper: 0.68mg (34.14%), Manganese: 0.61mg (30.74%), Iron: 5.35mg (29.74%), Vitamin K: 29.72µg (28.3%), Vitamin B1: 0.34mg (22.78%), Vitamin C: 18.15mg (22.01%), Zinc: 3.13mg (20.89%), Vitamin B2: 0.34mg (19.93%), Vitamin A: 759.34IU (15.19%), Fiber: 3.75g (15%), Vitamin E: 2.12mg (14.13%), Vitamin B5: 1.26mg (12.63%), Magnesium: 49mg (12.25%), Potassium: 412.86mg (11.8%), Folate: 31.73µg (7.93%), Vitamin B12: 0.47µg (7.81%), Calcium: 56.12mg (5.61%)