



Quail Escabeche



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cup cooking sherry dry
- ☐ 2 tablespoon olive oil extra virgin
- ☐ 1 tablespoon flat leafed parsley minced
- ☐ 4 servings additional olive oil for drizzling to taste
- ☐ 4 quail whole
- ☐ 0.5 cup raisins
- ☐ 4 servings salt and pepper to taste
- ☐ 3 medium shallots minced

☐ 0.3 cup sherry vinegar

Equipment

☐ frying pan

☐ oven

Directions

☐ Place the rack in the middle of the oven. Preheat to 350 degrees F.Wash and thoroughly dry the quail. Season with salt and pepper to taste.

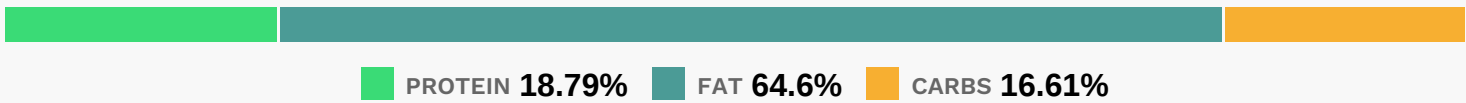
☐ Heat oil in an ovenproof 12-inch skillet with a lid, until it shimmers. Sear quail on all sides until golden brown, about 5 minutes total.

☐ Transfer to a plate.

☐ Add fennel, shallots, garlic, 1 teaspoon salt, and ½ teaspoon black pepper to skillet and saute until fennel is well softened, 5 to 7 minutes. Stir in lemongrass, raisins, cinnamon stick, sherry and sherry vinegar. Bring to a boil, then cover the skillet and move it to the oven to braise the vegetables about 20 minutes. Pull the skillet from the oven, remove the lid and add a bit of water if necessary. Not too much, just enough to keep the vegetables fluid and easy to move around the skillet. Nestle the quail on top. Cover and return to the oven to continue braising another 30 minutes until the thigh pulls easily from the joints. Cool completely, uncovered.

☐ Serve at room temperature, drizzled with olive oil.

Nutrition Facts



Properties

Glycemic Index:33.95, Glycemic Load:8.76, Inflammation Score:-6, Nutrition Score:17.555217369743%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg, Myricetin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 539.07kcal (26.95%), Fat: 34.26g (52.71%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 17.95g (6.53%), Sugar: 2.35g (2.61%), Cholesterol: 82.84mg (27.61%), Sodium: 265.56mg (11.55%), Alcohol: 9.27g (100%), Alcohol %: 4.3% (100%), Protein: 22.42g (44.84%), Vitamin B3: 8.57mg (42.83%), Vitamin B6: 0.8mg (39.93%), Phosphorus: 342.57mg (34.26%), Copper: 0.63mg (31.53%), Iron: 5.51mg (30.63%), Vitamin K: 29.55µg (28.14%), Selenium: 18.52µg (26.46%), Vitamin E: 3.04mg (20.26%), Vitamin B1: 0.3mg (20.19%), Vitamin B2: 0.33mg (19.68%), Zinc: 2.87mg (19.13%), Potassium: 523.11mg (14.95%), Vitamin C: 10.53mg (12.77%), Manganese: 0.24mg (11.91%), Magnesium: 44.55mg (11.14%), Vitamin B5: 0.95mg (9.49%), Vitamin B12: 0.47µg (7.81%), Fiber: 1.87g (7.46%), Vitamin A: 349.86IU (7%), Folate: 18.06µg (4.51%), Calcium: 36.89mg (3.69%)