

DINNER

Queen's Choice Quail with Fig and Date Sauce

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
235 min	20 min	215 min	4	\$9.38	685 kcal



If you have approximately 3 hours and 55 minutes to spend in the kitchen, Queen's Choice Quail with Fig and Date Sauce might be an amazing gluten free, dairy free, paleolithic, and primal recipe to try. This recipe serves 4. This main course has 685 calories, 45g of protein, and 36g of fat per servi...

Ingredients

☐ 4 servings Freshly ground black pepper☐ 1 cup dry red wine☐ 2 tablespoons minced fresh rosemary leaves☐ 2 fresh limes☐ 8 dates, chopped☐ 8 fresh figs, chopped☐ 2 tablespoons minced fresh thyme leaves☐ ½ cup olive oil

☐ 1 tablespoon olive oil

☐ 8 whole quail (these are normally between 4 8 ounces each)

☐ 2 teaspoons salt

☐ 4 servings Salt and freshly ground black pepper

☐ 2 shallots, minced

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Microwave

Method

- 1 Early in the day, place the limes in a small bowl and microwave them for about 3 minutes to release the essential oils. Set aside briefly until they are just cool enough to handle. Rinse the quail and dry with paper towels. Set the quail in a non-reactive bowl and squeeze the lime juice over, and then season generously with freshly ground black pepper.
- 2 Let sit refrigerated for about 3 or 4 hours.
- 3 While the quail are marinating, make the sauce.
- 4 Heat the olive oil over medium high heat in a medium saute pan and saute the shallots until translucent. Deglaze the pan with the red wine, and stir in figs and dates and let sauce reduce by half. Season, to taste, with salt and pepper as needed.
- 5 On the episode, the quail were roasted over a spit. If you have a rotisserie arrangement you can roast them that way. Otherwise, preheat oven to 375 degrees F.
- 6 Combine olive oil with rosemary, thyme, and salt, and rub over surface of the quail. Roast until tender but still juicy, about 20 minutes.
- 7 Remove and let rest.
- 8 Serve with fig and date sauce.

Nutrition per serving

685

KCAL

45 g

PROTEIN

36 g

FAT

38 g

CARBS

Saturated Fat	8.7 g · 54% of daily needs
Fibre	6 g · 24% of daily needs
Sugar	26.7 g · 30% of daily needs
Sodium	1,283 mg · 56% of daily needs
Cholesterol	166 mg · 55% of daily needs
Vitamin C	31.9 mg · 39% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/queens-choice-quail-with-fig-and-date-sauce-142602