



Roast Squabs with Porcini and Country Bread Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- 9 the following: parmesan rind) fresh trimmed (cèpes;)
- 6 tablespoons duck fat (from garlic confit purée)
- 0.3 cup parsley fresh loosely packed
- 3 large sprigs thyme sprigs fresh
- 12 garlic clove peeled
- 3 tablespoons ginger/garlic paste
- 1 tablespoon juice of lemon fresh to taste

- 1 tablespoon sea salt fine
- 10 inch sourdough bread ()

Equipment

- frying pan
- baking sheet
- oven
- knife
- baking pan
- kitchen thermometer
- colander
- cutting board
- kitchen twine
- poultry shears

Directions

- Preheat oven to 450°F.
- Bring 2 cups water, garlic, and 1 teaspoon sea salt to a boil, then drain in a colander. Blanch garlic in same manner 2 more times.
- Cut bread into 1/4-inch-thick sticks and toast on a baking sheet in middle of oven until pale golden, about 6 minutes. Leave oven on.
- Peel stems of porcini with a sharp small knife just until white flesh is exposed, then quarter mushrooms lengthwise.
- Pat squabs dry and season generously inside and out with salt and pepper. Put a sprig of thyme in cavity of each squab and divide garlic confit among cavities. Tie legs of squabs together with kitchen string and fold wings back.
- Heat 2 tablespoons duck fat in a well-seasoned 10-inch cast-iron skillet over moderately high heat until hot but not smoking, then brown squabs in 2 batches, turning, about 5 minutes, transferring to a plate and reserving skillet.
- Add 1 1/2 more tablespoons duck fat to skillet and sauté porcini in 2 batches over moderately high heat, stirring occasionally, until golden brown, about 3 minutes (add another 1 1/2

tablespoons duck fat to skillet for second batch). Stir in blanched garlic, toasted bread, and salt and pepper to taste and remove from heat.

- Put a 13- by 9-inch metal baking pan on bottom rack of oven (to catch drips) and arrange squabs, breast sides up, in a small circle (without touching) on middle rack of oven directly above baking pan. Roast squabs, carefully basting once with remaining tablespoon duck fat, 15 minutes. Replace baking pan with skillet of bread salad, positioning it directly under birds. Roast squabs and bread salad until an instant-read thermometer inserted in fleshy part of a thigh (avoid bone) registers 155°F for medium meat and mushrooms in bread salad are tender, about 5 minutes. (If mushrooms are not tender, roast bread salad 5 to 8 minutes more.)
- Transfer squabs to a cutting board and let stand 5 minutes, then halve lengthwise with poultry shears or a sharp knife.
- Toss bread salad with parsley and lemon juice and serve with squabs.
- Squabs may be stuffed and tied 1 day ahead and chilled, covered. Pat dry just before browning. • Bread may be toasted 2 days ahead, cooled completely, and kept in an airtight container at room temperature.

Nutrition Facts

PROTEIN 4.07% **FAT 74.72%** **CARBS 21.21%**

Properties

Glycemic Index:36.25, Glycemic Load:3.01, Inflammation Score:-6, Nutrition Score:6.6991304729296%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 151.22kcal (7.56%), Fat: 13g (20%), Saturated Fat: 4.3g (26.84%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.57g (2.75%), Sugar: 0.46g (0.51%), Cholesterol: 12.8mg (4.27%), Sodium: 1192.65mg (51.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin K: 54.93µg (52.31%), Manganese: 0.28mg (14.14%), Vitamin C: 10.47mg (12.69%), Vitamin B6: 0.19mg (9.61%), Copper: 0.13mg (6.67%), Vitamin A: 305.92IU (6.12%), Selenium: 3.85µg (5.51%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.44mg (4.41%), Vitamin B1: 0.07mg

(4.35%), Iron: 0.73mg (4.04%), Folate: 13.85µg (3.46%), Calcium: 34.3mg (3.43%), Vitamin B2: 0.06mg (3.41%), Phosphorus: 32.17mg (3.22%), Potassium: 106.42mg (3.04%), Fiber: 0.74g (2.95%), Vitamin B3: 0.57mg (2.83%), Vitamin E: 0.39mg (2.63%), Zinc: 0.36mg (2.43%), Magnesium: 9.36mg (2.34%)