



WHATSheATE



HEALTH SCORE

58%

Roasted Quail with Wild Mushrooms



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 large egg whites



0.3 cup cup heavy whipping cream



6 servings kosher salt



1 teaspoon olive oil



1 cup port wine white



6 quail



84 ounce quail whole



10 ounces chicken breast boneless skinless cubed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

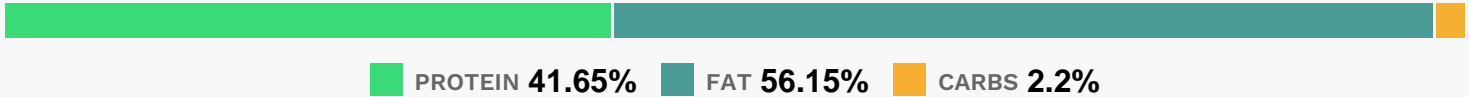
Directions

- ☐ To clean the mushrooms, wash in a bowl of cold water, gently tossing so as not to bruise them. Repeat 2 times. Using a paring knife, trim the ends and scrape the stems, removing the outer layer.
- ☐ Let dry thoroughly on paper towels at room temperature or uncovered in your refrigerator—this could take up to a couple of hours and can be done the day before.
- ☐ In a large sauté pan over high heat, heat the 1 teaspoon oil.
- ☐ Add the mushrooms and cook until browned. Reduce the heat to medium and add the port, scraping up any brown bits on the bottom. Reduce until the liquid is a syrupy consistency, about 10 minutes.
- ☐ In a food processor fitted with a steel blade, puree the chicken cubes and livers; slowly add the egg whites, then the cream.
- ☐ Mix until thoroughly combined. Pass the poultry puree through a fine-mesh strainer into a bowl. Roughly chop the cooled mushrooms and add (with any residual juice) to the bowl with the poultry puree.
- ☐ Preheat the oven to 325°F. Season the quail inside and out with salt.
- ☐ Scoop the poultry puree into a pastry piping bag fitted with a 1/2-inch round tip or a large plastic storage bag with one 1/2-inch corner snipped. Pipe puree into each quail body and tie

the legs together with butcher's twine.

- ☐ Heat a large cast-iron or heavy-bottomed ovenproof sauté pan over medium heat.
- ☐ Add the remaining 1 tablespoon oil and brown the quail on all sides. You may need to work in batches.
- ☐ Transfer the pan to the oven (use two pans or transfer to a large roasting pan if necessary) and roast the quail for 30 minutes, or until a meat thermometer inserted in the center of the quail registers 155°F.
- ☐ Let rest in the pan for 5 minutes before serving.
- ☐ Reprinted with permission from Summerland: Recipes for Celebrating with Southern Hospitality by Anne Stiles Quatrano. © 2013 Anne Quatrano; photographs © 2013 Brian Woodcock. Published by Rizzoli International Publications, Inc.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:48.076521717984%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 1134.51kcal (56.73%), Fat: 66.45g (102.23%), Saturated Fat: 19.74g (123.37%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.48g (3.87%), Cholesterol: 425.92mg (141.97%), Sodium: 541.27mg (23.53%), Alcohol: 6.12g (100%), Alcohol %: 1.26% (100%), Protein: 110.9g (221.8%), Vitamin B3: 43.17mg (215.83%), Vitamin B6: 3.39mg (169.66%), Phosphorus: 1501.43mg (150.14%), Selenium: 101.8µg (145.42%), Copper: 2.6mg (129.97%), Iron: 20.38mg (113.22%), Vitamin B1: 1.27mg (84.95%), Vitamin B2: 1.44mg (84.51%), Zinc: 12.57mg (83.82%), Vitamin B5: 4.64mg (46.38%), Vitamin B12: 2.3µg (38.26%), Vitamin C: 31.49mg (38.16%), Potassium: 1331.75mg (38.05%), Magnesium: 134.15mg (33.54%), Vitamin A: 1389.27IU (27.79%), Folate: 43.2µg (10.8%), Calcium: 78.77mg (7.88%), Manganese: 0.15mg (7.63%), Vitamin E: 0.28mg (1.85%), Vitamin D: 0.21µg (1.37%)