



WHATSheATE



HEALTH SCORE

62%

Roasted Quail with Wild Mushrooms



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 large egg whites



0.3 cup cup heavy whipping cream



6 servings kosher salt



1 pound mushrooms wild black such as chanterelle, hen-of-the-woods, trumpet, or a mixture



1 teaspoon olive oil



1 cup port wine white



6 quail



84 ounce quail whole

- ☐ 10 ounces chicken breast boneless skinless cubed

Equipment

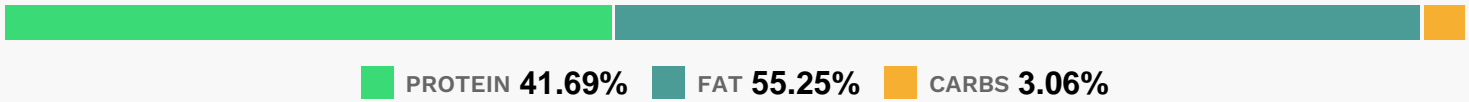
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

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:5.33, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:50.415217373682%

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, 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: 1151.14kcal (57.56%), Fat: 66.71g (102.62%), Saturated Fat: 19.78g (123.61%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.55g (2.75%), Sugar: 4.98g (5.53%), Cholesterol: 425.92mg (141.97%), Sodium: 545.05mg (23.7%), Alcohol: 6.12g (100%), Alcohol %: 1.12% (100%), Protein: 113.23g (226.47%), Vitamin B3: 45.89mg (229.47%), Vitamin B6: 3.47mg (173.6%), Phosphorus: 1566.45mg (156.64%), Selenium: 108.83µg (155.47%), Copper: 2.84mg (141.99%), Iron: 20.76mg (115.32%), Vitamin B2: 1.74mg (102.39%), Vitamin B1: 1.34mg (89.03%), Zinc: 12.97mg (86.44%), Vitamin B5: 5.77mg (57.69%), Potassium: 1572.15mg (44.92%), Vitamin C: 33.07mg (40.09%), Vitamin B12: 2.33µg (38.76%), Magnesium: 140.95mg (35.24%), Vitamin A: 1389.27IU (27.79%), Folate: 56.05µg (14.01%), Manganese: 0.19mg (9.41%), Calcium: 81.04mg (8.1%), Fiber: 0.76g (3.02%), Vitamin D: 0.36µg (2.38%), Vitamin E:

0.28mg (1.9%)