



Squab Marsala



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



301 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup chicken stock see
- ☐ 0.3 cup cognac
- ☐ 2 tablespoons crème fraîche
- ☐ 1.5 pounds cremini mushrooms stemmed thinly sliced
- ☐ 1 tablespoon butter fresh unsalted chopped
- ☐ 4 sage leaves fresh
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup marsala wine sweet

- ☐ 4 servings olive oil
- ☐ 1 shallots minced
- ☐ 2 squab
- ☐ 2 squab

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Coat a large saute pan with olive oil over high heat.
- ☐ Sprinkle the squab breasts and legs with salt and pepper. When the pan is hot, place the squab skin-side down into the pan and sear until golden and crispy, about 6 minutes. Flip and continue to cook until the squab is medium rare, 1 minute longer.
- ☐ Transfer to a plate to rest.
- ☐ Degrease the pan, leaving a couple tablespoons of fat.
- ☐ Add the shallots to the drippings in the pan and sprinkle with salt, scraping up the drippings with a wooden spoon.
- ☐ Saute the shallots until they begin to soften, 1 minute, and then add the mushrooms and saute until they just start to soften up.
- ☐ Carefully pour in the cognac off the heat, and then return the pan to the heat until the alcohol has completely cooked off and the pan is almost dry.
- ☐ Pour in the marsala and ignite again, allowing the wine to cook until the flame dies down.
- ☐ Add the chicken stock and simmer to reduce the sauce slightly, about 3 minutes.
- ☐ Return the squab to the pan and simmer gently to heat through, 1 minute. Plate 1 leg and breast per plate.
- ☐ Remove the sauce from the heat and stir in the creme fraiche and butter, whisking until just incorporated. Stir in the parsley and sage. Taste and adjust the seasoning, and then pour the sauce around the squab.

Nutrition Facts



PROTEIN 10.02% **FAT 61.54%** **CARBS 28.44%**

Properties

Glycemic Index:27.25, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:18.110434620277%

Flavonoids

Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg, Petunidin: 2.98mg Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg, Delphinidin: 1.75mg Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg, Malvidin: 42.67mg Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg, Peonidin: 1.77mg Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg, Catechin: 4.44mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 301.08kcal (15.05%), Fat: 15.89g (24.45%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.25g (5.54%), Sugar: 7.84g (8.71%), Cholesterol: 4.89mg (1.63%), Sodium: 82.23mg (3.58%), Alcohol: 11.9g (100%), Alcohol %: 4.98% (100%), Protein: 5.82g (11.64%), Selenium: 45.74µg (65.35%), Vitamin B2: 0.89mg (52.53%), Copper: 1.03mg (51.53%), Vitamin B3: 7.3mg (36.52%), Vitamin B5: 2.61mg (26.1%), Potassium: 886.54mg (25.33%), Vitamin K: 25.22µg (24.02%), Phosphorus: 229.98mg (23%), Manganese: 0.34mg (16.75%), Vitamin E: 2.08mg (13.87%), Zinc: 2.03mg (13.53%), Vitamin B1: 0.19mg (12.83%), Folate: 48.8µg (12.2%), Vitamin B6: 0.24mg (12%), Iron: 1.12mg (6.24%), Magnesium: 23.81mg (5.95%), Fiber: 1.28g (5.13%), Calcium: 46.17mg (4.62%), Vitamin B12: 0.18µg (3.04%), Vitamin A: 123.77IU (2.48%), Vitamin C: 1.97mg (2.39%), Vitamin D: 0.17µg (1.13%)