

BOB'S RECIPES

STUFFED CUP-QUAILS

by Bob the Chef



INGREDIENTS

- 100g caribou terrine with cranberries cut in small cubes
- 60 ml (4 tbsp.) panko breadcrumbs
- 4 whole quails, flattened (sliced in half, cut side down)
- 30 ml (2 tbsp.) olive oil
- Salt and pepper, to taste
- 250ml Brown sauce (flavored with Madeira or Porto optional)

INSTRUCTIONS

1. Set aside a few of the terrine cubes for the final plate, then put the rest of the cubes and the panko breadcrumbs in a small bowl and mix by hand
2. Stuff the terrine paste into each quail, then place them in a muffin pan, cut side down. Close the quails by crossing their legs (see photo)
3. Baste the skin with olive oil
4. Salt and pepper to taste, then grill in the oven at 425 °F for about 5 minutes
5. Lower the temperature to 400 °F and grill for another 30 minutes
6. Heat the sauce
7. Once the quails are ready, take them out of the oven set aside for 3 or 4 minutes under aluminium sheet (this keep them moist and juicy)
8. Serve 2 quails per plate, add the terrine cubes you set aside, some of the sauce
9. Serve with pesto pasta



PREPARATION TIME: 5 minutes



BAKE TIME: 35 minutes



TOTAL: 40 minutes



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