

## **Quail Baked with Prosciutto and Herbs**

*Portions: 8 Portion size: 2 quail*

### **U.S. Metric Ingredients**

2 oz 60 g Butter  
4 tsp 20 mL Sage, crumbled  
1 tsp 5 mL Dried rosemary, crumbled  
2 tbsp 30 mL Chopped parsley  
To taste Salt  
To taste Pepper  
16 Quail, whole  
16 slices 16 slices Prosciutto, sliced paper-thin  
2 fl oz 60 mL Balsamic vinegar or red wine vinegar  
4 fl oz 125 mL Chicken stock

### **Procedure**

1. Melt the butter. Add the herbs and seasonings.
2. Brush the quail heavily with the herb butter. Wrap a slice of prosciutto around the breast of each quail.
3. Place the quail in a casserole just large enough to hold them. Cover and bake at 400°F (200°C) until done, about 30 minutes.
4. When they are done, remove the quail from the casserole and keep them warm. Without degreasing it, deglaze the pan with the vinegar and reduce au sec. Add the chicken stock and bring to a boil.
5. Place 1 tbsp (15 mL) sauce on each plate and place 2 quail on top. Garnish with your choice of vegetable accompaniment.

### **VARIATIONS**

Chicken, squab, and guinea hens can be cooked using this recipe. Cut them into pieces, brush each piece with the herb butter, and wrap with a slice of prosciutto. If desired, the skin can be removed before the pieces are brushed with the herb butter.

### **Per serving:**

Calories, 500; Protein, 47 g; Fat, 34 g (61% cal.); Cholesterol, 185 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 900 mg.