

Quail with Creole Spices

Portions: 12 as first course Portion size: 1 quail, 2 oz (60 g) vegetables, 1 1/2 oz (45 g) rice

6 as main course 2 quail, 4 oz (125 g) vegetables, 3 oz (90 g) rice

U.S. Metric Ingredients

12 Quail
1 1/2 tsp 7 mL Paprika
1/4 tsp 1 mL Cayenne
1/4 tsp 1 mL Dried oregano
1/4 tsp 1 mL Dried thyme
1/4 tsp 1 mL Pepper
1/2 tsp 2 mL Salt
2 fl oz 20 mL Vegetable oil
6 oz 180 g Onion, chopped fine
1 Garlic clove, chopped fine
4 oz 125 g Celery, small dice
4 oz 125 g Green bell pepper, small dice
1 lb 500 g Tomatoes, canned, chopped, with their juice
1 oz 30 g Tomato purée
1 tsp 5 mL Dried thyme
2 tbsp 30 mL Chopped parsley
to taste Salt
to taste Pepper
18 oz 550 g Steamed white rice

Procedure

1. Remove the backbones from the quail, spread the birds open, and flatten them.
2. Mix together the paprika, cayenne, oregano, thyme, pepper, and salt.
3. Lay out the quail skin side up and sprinkle them generously with the spice mixture.
4. Heat the oil in one or more sauté pans over moderate heat. Pan-fry the quail on both sides until well browned and cooked through.
5. Remove the quail from the pan and keep warm.
6. Pour off all but about 1 fl oz (30 mL) fat from the pan.

7. Add the onion, garlic, celery, and green pepper to the pan. Sauté over medium heat until the onion just starts to brown.

8. Add the tomatoes, tomato purée, and thyme. Simmer 10 minutes, until the juices are somewhat reduced and thickened.

9. Stir in the parsley.

10. Add salt and pepper to taste.

11. To serve, place a scoop of hot rice on a dinner plate. Spoon the vegetables around the rice. Lean the quail against the mound of rice.

Per serving:

Calories, 300; Protein, 23 g; Fat, 16 g (48% cal.); Cholesterol, 85 mg; Carbohydrates, 16 g; Fiber, 2 g; Sodium, 221 mg.