

Rogue Valley Quail

with Blackberry Sauce and Quail's Egg

Delight in the refined flavors of Rogue Valley with this exquisite quail dish. The quail is perfectly seared and served with a rich blackberry sauce infused with blackberry tea, fresh blackberries, sage, and black pepper. Accompanied by creamy polenta, broccoli with a luxurious cheese sauce, and sage and black pepper drop biscuits, this meal promises a gourmet dining experience.

Prep Time: 45 minutes

Cook Time: 1 hour

Quail and Blackberry Sauce:

4 quail, cleaned and patted dry
Salt and pepper to taste
2 T olive oil
1/2 C fresh blackberries
1/4 C blackberry tea (Adagio.com),

brewed and cooled
1 T honey
1 t fresh sage, chopped
1/2 t black pepper
1/4 C chicken stock

Quail's Egg:

8 quail eggs
Water for boiling

Salt to taste

Creamy Polenta:

1 C polenta (coarse cornmeal)
4 C water
1 C heavy cream
1/2 C grated Parmesan cheese

1/4 C grated Pecorino Romano cheese
1/4 C grated Fontina cheese
Salt and pepper to taste

Broccoli with Creamy Cheese Sauce:

1 lb broccoli, cut into florets
2 T butter
2 T all-purpose flour
1 C milk

1/2 C grated Gruyere cheese
1/2 C grated Gouda cheese
1/2 C grated Havarti cheese
Salt and pepper to taste

Sage and Black Pepper Drop Biscuits:

2 C all-purpose flour
1 T baking powder
1/2 t baking soda
1 t salt

1 t black pepper
1 T fresh sage, chopped
1/2 C cold butter, cubed
1 C buttermilk

Prepare the Quail and Blackberry Sauce: Season the quail with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Sear the quail on all sides until golden brown, about 3-4 minutes per side. Remove the quail from the skillet and set aside. In the same skillet, add fresh blackberries, blackberry tea, honey, sage, black pepper, and chicken stock.

Bring to a simmer and cook for 5-7 minutes, until the sauce has reduced and thickened. Puree the sauce using an immersion blender until smooth. Return the quail to the skillet and simmer for another 5 minutes, until cooked through.

Prepare the Quail's Egg: Bring a pot of water to a boil. Gently add the quail eggs and boil for 2-3 minutes for soft-boiled or 4-5 minutes for hard-boiled. Remove the eggs and place them in an ice bath to cool. Peel and season with salt to taste.

Prepare the Creamy Polenta: In a medium saucepan, bring water to a boil. Gradually whisk in the polenta, reducing heat to low. Cook, stirring frequently, for 25-30 minutes, until the polenta is thick and creamy. Stir in the heavy cream, Parmesan, Pecorino Romano, and Fontina cheeses. Season with salt and pepper to taste.

Prepare the Broccoli with Creamy Cheese Sauce: Steam the broccoli florets until tender, about 5-7 minutes. In a medium saucepan, melt butter over medium heat. Whisk in the flour and cook for 1-2 minutes, until lightly browned. Gradually whisk in the milk, bringing to a simmer. Stir in the Gruyere, Gouda, and Havarti cheeses until melted and smooth. Season with salt and pepper to taste. Pour the cheese sauce over the steamed broccoli.

Prepare the Sage and Black Pepper Drop Biscuits: Preheat the oven to 425°F. In a large bowl, whisk together flour, baking powder, baking soda, salt, black pepper, and sage. Cut in the cold butter until the mixture resembles coarse crumbs. Stir in the buttermilk until just combined. Drop spoonfuls of dough onto a baking sheet. Bake for 12-15 minutes, until golden brown.

Serve: Plate the quail with the blackberry sauce and quail's eggs. Add a serving of creamy polenta and broccoli with cheese sauce. Serve with sage and black pepper drop biscuits on the side.