

Mushroom-Stuffed Quail

Recipe courtesy Emeril Lagasse, 2002



Recipe Summary

Difficulty: Easy

Prep Time: 20 minutes

Cook Time: 30 minutes

Yield: 4 servings

User Rating: ★★★★★

8 (3 1/2-ounce) boned quail
2 tablespoons Essence, recipe follows
Mushroom Stuffing, recipe follows
4 tablespoons melted butter

Preheat the oven to 400 degrees F.

Lay the quail skin side-down on a baking sheet and season lightly with 1 tablespoon of the Essence. Insert 1 portion of the mushroom stuffing into the cavity of each quail and wrap the bird around it. Replace each bird on the baking sheet, breast side-up. Brush the butter over the quails and season with the remaining tablespoon of Essence.

Roast until the birds are tender and golden brown, 25 minutes. Remove from the oven and serve 2 quails per person.

Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch.
Published by William and Morrow, 1993.

Mushroom Stuffing:

2 tablespoons olive oil
1/4 cup minced shallots
1 tablespoon minced garlic
2 pounds assorted mushrooms, such as button, shiitake, wood ear, and

chanterelles, stems trimmed and roughly chopped
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1/2 cup dry white wine
1/2 cup packed grated Parmesan
1/4 cup fine bread crumbs
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh oregano

Heat the oil in a large, heavy skillet over medium-high heat. Add the shallots and garlic, and cook, stirring, for 30 seconds. Add the mushrooms, salt, and pepper, and cook, stirring, until the mushrooms are wilted and begin to caramelize. Add the wine and cook, stirring to deglaze the pan and until the liquid has almost all evaporated, about 5 minutes. Remove from the heat and transfer the mushrooms to the bowl of a food processor. Add the cheese, bread crumbs, parsley, basil, and oregano, and process on high speed to a thick paste.

Transfer to a bowl and divide into 8 equal portions. With your hands, pack each portion into a tight ball. Set aside until ready to stuff the quail.

Yield: about 3 cups

Episode#: EM1F12

Copyright © 2006 Television Food Network, G.P., All Rights Reserved