

Roast quail with baby vegetables & relish

Serves 4

Ingredients

- 4 kipfler potatoes, peeled and each potato sliced into 4 even pieces
- 2 tablespoons butter
- 8 whole shallots, peeled
- 8 baby turnips, trimmed and washed
- 8 Dutch or golf ball carrots, washed
- 8 sprigs of thyme
- 4 jumbo quail or 8 regular size quail
- 150ml olive oil
- 4 cloves garlic, peeled
- 100ml chicken stock
- Salt & pepper
- 1 tablespoon jones Middle Eastern Baharat spice
- jones mango and pineapple relish

Method

- Preheat the oven to 200°C.
- Heat a large saucepan over medium-high heat.
- Add 150ml of the olive oil followed by the carrots, shallots, turnips, potatoes, 2 cloves of garlic, 4 sprigs of thyme and sauté for 2 minutes.
- Add the chicken stock, 1 tablespoon of butter, salt & pepper and simmer for 3 minutes. Transfer to an oven proof dish and place it in the oven for 30-45 minutes until tender and caramelised.
- Meanwhile, preheat a heavy based frying pan over medium-high heat. Add the remaining olive oil, season the quail with salt & pepper and the Baharat spice, when the oil is hot add half the quails.
- Brown on one side and then turn until browned all over. Add a clove of garlic, 2 sprigs of thyme and 1 tablespoon of butter. Remove to an oven tray and repeat for the remaining quail.
- Place in the oven for 5-6 minutes on each side, remove from the oven, cover and rest in a warm place.
- Serve 1 jumbo or 2 regular size quails per person with the mango and pineapple relish and the roast baby vegetables in the middle of the table.

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