



CHEF SPOTLIGHT RECIPE

ROASTED QUAIL

SERVES 10

INGREDIENTS

- 10 each fresh sage leaves
- 1/4 cup black pepper, whole
- 1/4 cup fresh burdock root, julienne sliced
- 1/4 cup fresh tarragon leaves
- 1 teaspoon kosher salt
- 10 each quail, semi-boneless, raw, 4 ounces
- 2 cups fresh green scallion, chopped
- 2 1/2 cups fresh carrots, chopped
- 3 tablespoons dill weed, dried
- 2 1/2 cups fresh acorn squash, cubed
- 2 1/2 cups fresh Red Delicious apples, peeled, cored, chopped

DIRECTIONS

In a spice blender, add sage leaves, peppercorns, tarragon, burdock root and coarse salt, then blend.

Rub this mixture with 2 tablespoons of oil on the outside of the whole quail to season it. Inside the carcass of the quail stuff with green onion, dill weed, carrot, apples and acorn squash. Roast In the oven at 350 for 45 minutes.

Side dishes

Corn Stuffing
Hearts of Palm Salad

