

QUAIL STUFFED WITH PEAR CRUMB AND PROSCIUTTO DI PARMA WITH MALBEC SAUCE



Ingredients (serves 4 people):

Quail marinade

- 4 boneless quails
- 80 ml of red wine
- 1 sliced onion
- 2 cloves garlic, minced
- 2 sprigs of thyme
- Olive oil to taste
- Salt to taste
- Black pepper to taste

Red wine Sauce

- 200 ml of Malbec wine
- Quail bones
- 1 tbsp double concentrated tomato paste
- 1 chopped carrot

Chopped Marinade Onion

1 stalk of chopped celery

2 bay leaves

200 ml of water

1 Port Wine

1 tbsp wheat flour

Salt to taste

Black pepper to taste

Filling

Panko flour to taste

½ chopped onion

1 tbsp butter

Olive oil to taste

1 pear in diced seedless

4 slices of prosciutto di Parma in strips

1 clove minced garlic

Preparation:

1. Season quails with salt and black pepper inside and out.
2. For the marinade in a bowl put the boneless spices and quails and let stand for 30 minutes.
3. For the filling in a fry pan heat the olive oil and melt the butter and add the onion.
4. Leave until almost brown and place the garlic.
5. Wait for browning and add pear.
6. Add Panko flour and stir for a few minutes.
7. Turn off the heat and add the prosciutto di Parma.
8. Check salt and black pepper. Reserve.
9. For the sauce in a hot pan put the olive oil and brown the quail bones.
10. Put the vegetables and brown.
11. Add the double concentrated tomato paste until golden brown.
12. Add the wine and wait a few minutes until the alcohol comes out and add the water.
13. Cook over low heat for approximately 30 minutes.

14. Strain the sauce and, if necessary, thicken with wheat flour diluted in a little water.
15. Add the port wine.
16. Adjust salt and black pepper. Reserve.
17. For quail remove from marinade and let drain.
18. Reserve the spices and discard the wine.
19. Place the filling and close with toothpicks and string.
20. Bake in oven heated to 200° C for 20 minutes or until golden brown.
21. When ready put on a serving tray and remove the sticks and string.
22. Sprinkle with Malbec sauce around.
23. Decorate with a rosemary branch.
24. Serve with saffron risoto.