



The Marriage of Wine and Food™

Seared Quail with Dried Cherry-Pinot Noir Sauce

Wine Pairing: Pinot Noir

Serves 2

Quail

½ cup	Unsweetened cherry juice
¼ cup	Balsamic vinegar
¼ cup	Soy sauce
½ cup + 2 Tablespoons	Olive oil
½ teaspoon	Freshly ground black pepper
4	Semi-boneless quail, rinsed and patted dry

Cherry Sauce

2 Tablespoons	Olive oil
2 Tablespoons	Shallots, finely minced
¼ cup	Pinot Noir
1 ½ cup	Unsweetened cherry juice
¾ cup	Chicken stock
¼ cup	Dried cherries, coarsely chopped
1 teaspoon	Dijon mustard
2 teaspoons	Brown sugar, or to taste
2 Tablespoons	Unsalted butter (optional)
	Kosher salt
	Freshly ground black pepper

3 cups	Baby spinach leaves
	Black Forbidden Rice*

For the Quail

- In a medium non-reactive bowl, large enough to fit the quail, whisk together cherry juice, balsamic, soy sauce, ½ cup of olive oil and black pepper.
- Add the quail to the marinade and toss to coat well. Cover bowl with plastic and refrigerate at least 3 hours or overnight.
- Pre-heat oven to 400°.

- Remove quail from marinade and pat dry. Very lightly season with salt and black pepper.
- Heat a large skillet over high heat. Add 2 tablespoons olive oil. When the olive oil shimmers, add the quail breast-side down.
- Sear the quail quickly to brown, about 2 minutes on each side.
- Remove the quail to an oven proof plate or roasting pan, and place in the oven to finish cooking, about 10 minutes. (See Note)
- While the quail is in the oven, make the sauce.

For the Sauce

- Heat the same skillet used to sear the quail, over medium heat. Add the olive oil. When the olive oil shimmers, add the shallots.
- Sauté shallots until soft and lightly browned, about 5 minutes.
- Add the Pinot Noir to the pan and de-glaze, stirring frequently and scraping up any browned bits, about 1 minute.
- Add the cherry juice, chicken stock and cherries. Bring to a simmer and allow to reduce by half, about 5 minutes.
- Stir in Dijon and brown sugar.
- Reduce heat to low. Add butter stirring constantly, and season to taste with salt and pepper.
- Remove quail from oven. Serve on beds of baby spinach with Black Forbidden Rice* prepared according to package directions, and sautéed wild mushrooms.

Note: Quail cook very quickly and become dry when overcooked. They should be served “medium” while flesh is still barely pink and juicy.

* Legend tells us that this ancient grain was once eaten exclusively by the Emperors. Today, this medium-size Chinese black rice can be enjoyed everyday and is prized for its delicious nutty taste, soft texture, and beautiful rich deep purple color. High in nutritional and medicinal value, Forbidden Rice is rich in iron and considered a blood tonifier. Available at specialty grocery and natural food stores or at www.worldpantry.com.

