

Quail with bois boudran and potato salad

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 4

Ingredients

For the quail with bois boudran

- 4 quails, legs removed
- 1 shallot, finely chopped
- 125ml/4¼fl oz olive oil
- 120g/4¼oz tomato ketchup
- 10ml/½fl oz Worcestershire sauce
- dash Tabasco sauce
- 2 tsp Dijon mustard
- ¼ bunch chives, finely chopped
- ¼ bunch basil, finely chopped

For the potato salad

- 500g/1lb 1oz Jersey royal potatoes
- 200ml/7¼fl oz olive oil
- 2 lemons, juice and zest
- 4 sprigs fresh basil

Preparation method

1. For the quail with bois boudran, cut the breasts off the quails, keeping the wing bone attached.
2. Heat a griddle pan until hot and fry the quail breasts for 2-3 minutes on each side, or until cooked to your liking.
3. Mix the remaining ingredients in a bowl until well combined and add the cooked quail. Stir until well combined.
4. For the potato salad, boil the potatoes in a pan of boiling salted water for 5-8 minutes, or until tender. Drain.
5. Mix the potatoes, olive oil, lemon juice and zest and basil in a bowl. Season, to taste, with salt and freshly ground black pepper.
6. To serve, place two quail breasts onto of four serving plates. Spoon plenty of sauce on top and some potato salad alongside.

By Stuart Gillies
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