



Culinary Masterclass

Grand Hyatt Singapore

Presented by:

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Roasted Quail with Savoy Cabbage, U.S. Potato Confit, Tarte Tatin of Shallot, Thyme Sauce



Serves 4

INGREDIENTS

4 quails
Salt and freshly ground white pepper; to taste

Marinade

1 bunch fresh thyme, chopped
1 garlic clove
15ml olive oil
12 peppercorns
1 bay leaf

Ballotine (filling)

4 quail breasts
3 quail hearts
100g quail liver
1 egg yolk
12ml brandy
A drizzle of thyme oil
5g sea salt
Freshly ground white pepper, to taste
1 bunch fresh chives, chopped

Quail Eggs

4 brioche dough
Clarified butter
4 quail eggs
Salt, to taste

Potato Confit

4 U.S. potatoes, cut into 3-cm cylinders
Salt and pepper, to taste
200ml duck fat
1 thyme sprig
14 cracked white peppercorns
5g sea salt

Savoy Cabbage

10g Diced shallots
1 head unsalted butter
savoy cabbage, shredded
Unsalted butter
Salt and pepper, to taste
100ml water
5ml olive oil

Tarte Tatin of Shallot

4 Whole peeled shallots
 Sugar and butter, for caramelising
 puff pastry
 Egg wash

Thyme Sauce

100ml white wine
 100ml red wine
 5ml sherry vinegar
 1 shallot, peeled and diced
 50g fresh chopped thyme
 300ml chicken and quail stock
 Salt and pepper, to taste
 A knob of butter

Method:

- 1. For the Potato Confit:** Season the potatoes with salt and pepper and place in a warmed frying pan. Pour duck fat over the potatoes, add a sprig of thyme and then place the pan in an oven pre-heated to 65°C for approximately 30 minutes. Remove pan from the oven and adjust seasoning with cracked white peppercorns and sea salt.
- 2. For the Tarte Tatin of Shallot:** Saute the whole shallots until brown then add sugar and butter and cook until caramelised. Place sautéed shallots in a mould and then cover with a piece of puff pastry. Brush puff pastry with egg wash and bake in a pre-heated oven at 185C for 12 minutes. Remove and allow it to rest for 2 minutes before inverting onto serving dish.
- 3. For the Thyme Sauce:** Place the white and red wine and the vinegar in a pot and bring to a boil. Add the shallots and fresh thyme and cook until it is reduced to a glaze-like consistency. Add the chicken and quail stock and continue simmering until the liquid has been reduced by half, then season to taste with salt and pepper and fold in butter.
- 4. For the Quail:** Cut off and reserve the legs of the quails for the ballotine. Mix the ingredients for the marinade together and marinate the quail breasts overnight in the refrigerator. Remove the quail from the marinade and season to taste with salt and pepper. Sear marinated quail in a hot pan until brown, then transfer to an oven pre-heated to 180°C for 10 minutes, basting regularly until completely cooked, remove and rest the roasted quail for 2 minutes. Cut the each quail breast in two slices and season to taste with salt and pepper. Set aside.
- 5. For the Ballotine:** Remove the thigh bones from 4 of the quail legs, and remove all the bones and skin from the other 4 quail legs. Chop the meat of the de-boned legs into small pieces and make a farce with the chopped quail legs, hearts and liver. Add the egg yolk, brandy, thyme oil, salt and pepper, and then pass the mixture through a fine sieve. Mix in the chives, adjust the seasoning, then stuff the remaining quail legs with the farce and fold the skin. Season and wrap the quail legs tightly with cling film and then with tin foil. Cook in boiling water for 12 minutes and then remove and allow it to rest for 10 minutes before removing the wrappings.
- 6. For the Quail Eggs:** Cut out discs from the brioche dough using a 5-cm ring cutter, then cut out smaller discs from the middle using a 3-cm ring cutter until you have 3 brioche rings. Pan-fry the brioche rings in some clarified butter until golden brown, then break 1 quail egg into each ring and continue pan-frying until the eggs are slightly set. Season the eggs with salt.
- 7. For the Savoy Cabbage:** Sauté the shallots in a hot pan with the butter, then add the savoy cabbage, season to taste with salt and pepper, then add the water and cook until the liquid has been reduced. Finish off with a little olive oil.