

## COOKING QUAIL EGGS

### Hard boiled:

- Bring water to the boil
- Add eggs
- Boil for 2-3 mins
- Plunge into cold water, peel immediately.... DON'T leave it too long before you peel.
- Crack the round end of the egg where you will find the air sack ...
- Peel the membrane and shell at the same time, the shell will come away very easily.
- Peel, rinse and allow to dry

### Soft boiled:

Apply the same method as above just shorten the time they are boiling for approx 1 ½ minutes.

### Fried Quail eggs:

Due to the fragile nature of the shell and tough membrane of the egg you will need to crack your egg using a sharp knife.

Fry for as long as you like your yolks, the choice is yours.

### Poached Quail eggs:

Poach as a hen egg or better still poach them in round silicone ice cube trays; the little eggs keep their shape beautifully.

### QUAIL EGGS ON A PEA MASH - Very attractive nibbles.

Bright green pea mash, tops dark rounds of pumpernickel bread, with crisp prosciutto or ham and quail egg.  
Serve with drinks. [Makes 12]

- 6 Quail eggs
- 200g frozen peas
- 4x slices prosciutto or shaved ham sliced small
- 50g rocket leave or alternatively use 1 tsp crushed garlic
- 150g cream cheese
- 1 T olive oil
- Sea salt/pepper
- Pumpernickel breads or crostini



Cook quail eggs for 2mins in boiling water, drain and cool in pot of cold water. Peel and cut in half  
Cook peas in simmering salted water for two minutes, drain and cool under cold running water.  
Reserve 1 Tablespoon of peas for decoration.

Heat oven to 200 c, cut prosciutto into 12 small pieces and bake for 3 mins until crisp/or use shaved ham.

Whiz peas, rocket, cream cheese, olive oil, salt & pepper in a blender until smooth and bright green.

Use small cookie cutter to cut bread into small rounds, put a splodge of green pea mash on the bread, top with prosciutto and ½ quail egg. Add two/three reserves peas and scatter with pepper.  
Serve.

## QUAIL EGGS WITH SESAME SALT DIP

Ingredients:

- 3/4 cup sesame seeds
- 1 teaspoon coarse salt
- 48 quail eggs

Preparation:

Preheat oven to 350°F.

In a baking pan spread seeds evenly and toast, stirring once halfway through toasting, until deep golden, about 12 minutes. Cool seeds and in a food processor pulse with salt until coarsely ground. Sesame salt may be made 2 weeks ahead and kept, covered, at room temperature. Or purchase ready-made seasoned salt.



In a saucepan cover eggs with cold water by 1 inch and bring to boil 2- 3 minutes. Remove pan from heat and cover with cold water cracking shells against side of pan. Peel eggs. Eggs peel easy if you start from top [round end of egg] and under cold water. Serve eggs with sesame salt on a platter with little bamboo toothpicks. Leave some eggs in their shell for decoration.

## SCOTCH EGGS - QUAIL

Great as nibbles or canapé at a dinner party and perfect for a picnic.

Ingredients:

- 12x Quail eggs
- 6x Spicy Italian or Pork/Fennel [good quality sausages] and remove skins
- 150g breadcrumbs or Japanese breadcrumbs [Panko]
- 2x medium eggs, beaten
- Salt & black pepper to taste
- Plain flour for coating
- Vegetable oil for shallow frying



Preparation:

Heat water to boiling point, and cook eggs for 2 minutes. Remove and plunge eggs into a bowl of cold water as quickly as possible. Peel immediately

Divide sausage meat into 12 even balls and form into an egg shape around the quail eggs.

Put flour - beaten egg - breadcrumbs into three separate bowls

Roll the scotch eggs in flour, gently tap off excess, then roll in the beaten egg and finally in the breadcrumbs, pressing them on firmly.

If needed put in the freezer for 5mins to harden breadcrumb coating then dip in egg/breadcrumbs again

Pan fry for 2-3 minutes until golden brown, just make sure oil covers the eggs.

Serve hot or cold with a selection of chutneys.

## QUAIL EGG AND FENNEL SAUSAGE ROLL

Ingredients:

- 10x Quail eggs, hard boiled plus extra for garnish
- 4-6 good quality, uncooked flavoured sausages, e.g. pork/fennel or spicy Italian
- 1/2 tsp nutmeg
- 1/4 C finely chopped parsley

- ½ Tb each salt and ground pepper
- 1 tsp lemon zest
- 2Tb Dukkar to coat

Preparation:

Preheat oven to 200

Peel hard-boiled eggs.

Cut uncooked sausages in half and squeeze meat into bowl. Add all other ingredients except Dukkar and mix well with hands.

Lay large piece of foil on bench and place sausage mixture on top. Flatten into rectangle about 30cm x 6cm.

Lay eggs lengthways in a line across the middle of the rectangle. Make sure eggs are touching so there are no gaps. Carefully fold sausage meat over eggs and shape into a log. Roll log in the Dukkar and coat evenly. Firmly wrap in foil, tucking ends under to seal lightly.

Place on baking tray and bake 20 mins. Allow to rest 5 mins, remove foil.

**Alternatively** if you have a pan big enough pan; coat the sausage meat and fry as per Scotch Egg recipe above, using 2 pair of tongs to turn roll.

Cut into 1 - 2 cm thick slices, serve warm or cold with plum sauce and accompany with extra hard boiled eggs for garnish

### QUAIL EGGS ON BLINIS

12x Blinis - **Note:** To make life easier you can use store bought Blinis instead of making your own, warm them through in 350 deg oven before assembling.

Ingredients for blinis:

- 175g strong plain flour
- large pinch salt
- 1tsp easy-blend dried yeast
- 1 medium egg, separated
- 200ml tepid water
- 200ml milk
- 2tbsp olive oil



To serve:

- 2tbsp fresh chives, snipped
- 300ml sour cream
- 12 quails' eggs, hard boiled and peeled and cut in half

Preparation:

1. **To Make Blinis** -Sift the flour with the salt into a bowl, then stir in the yeast. Whisk the egg yolk with the water and stir into the flour mixture. Whisk the egg white until stiff, but not dry, and fold into the mixture to make a batter. Cover the bowl and leave to stand for 30 minutes.

2. Heat the milk until just beginning to steam, then beat into the batter. Cover and leave for a further 30 minutes or until well risen and bubbly.

3. Heat a frying pan you have wiped with a piece of kitchen paper dipped in olive oil. Drop dessertspoonfuls of batter about 6cm (2½in) in diameter. into the pan. Cook for 1 to 2 minutes on each side until cooked through and golden.

4. Cook the remaining batter, wiping the pan with a little more oil as necessary.

### To Assemble

Stir the chives into the sour cream. Spoon a little cream on to each blini and top with a halved quail egg.

Decorate with a little caviar chopped chives.

## DEVILLED QUAIL EGGS WITH BLACK CAVIAR

This hors d'oeuvre is very colourful. Each tiny quail egg sits snugly on a little round brioche toast and requires only a pinch of caviar to complete the picture.

Ingredients:

- 1 French bread stick, cut into slices
- 2 tablespoon minced shallot
- 1 teaspoon fresh lemon juice
- 20 quail eggs
- 2 tablespoons crème fraîche
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper
- 30 grams caviar
- 4 or 5 fresh chives, snipped into pieces about 12mm long

Preheat the oven to 180 C.

Preparation:

Using a small cookie cutter cut out rounds of bread,

Using your finger and thumb, pinch a small indentation about into the center of each round of bread (these will hold the quail eggs).

Place the rounds on a baking sheet/tray and bake until golden brown, 10 to 12 minutes. Remove from the oven and set aside.

In a medium bowl, toss together the shallot and lemon juice. Set aside.

Place the quail eggs in a medium saucepan and add cold water. Bring to a boil over high heat, then reduce the heat to medium-low and cook the eggs for 3 minutes to hard-boil. Remove from the heat, Let the eggs stand in cold water for 5 minutes, crack the eggs and peel away their shells, starting at the round top end of each egg.

Set the eggs on paper towels to dry. Using a sharp paring knife, cut each egg in half lengthwise.

Remove the yolks with the tip of the paring knife or a very small spoon and place them in the bowl with the shallot and lemon juice mixture. Set the empty egg-white halves aside.

Add the crème fraîche, mustard, salt and pepper to taste to the yolks. Using a fork, mash the yolks until a thick paste forms and all the ingredients are well combined.

Using a very small spoon or the tip of a dinner knife, fill the cavity of each egg-white half with the yolk mixture. If necessary, gently tamp the mixture down with your thumbs. Set each filled egg half in the cavity of a toasted brioche round.

Place a tiny dollop of caviar on top of each egg. Garnish each with a chive.



## QUAIL EGGS IN PROSCIUTTO CUPS - *Fantastic as part of a brunch*



### Ingredients

Thin slices of prosciutto

12 quail eggs

Freshly ground black pepper

Preheat oven to 180-200 deg. Spray a 12 cup mini muffin tin with cooking spray.

Line muffin cups with prosciutto

Crack quail egg into centre of each muffin cup and bake for approx 6 minutes or until egg whites are just set.

Remove and season with pepper

*Optional* ..... add a dollop of caviar

These cuties can also be set on top of a small square of buttered, toasted, grainy bread. Press thumb into centre of each piece of toasted bread to make an indent, then sit the little cup in the indent.

*Alternative Option*..... **Mini Bacon and Egg Pies**..... line mini muffin cups with savoury short crust pastry [or purchase savoury short crust shells] and make mini bacon and eggs pies ....

- Chop bacon into small pieces
- Whisk a little milk and egg together in jug, season with salt & cracked pepper
- Slice a small cherry tomato
- Parsley, chopped finely
- 1 quail egg per cup

Place bacon in pastry case. Pour in a little of the milk mixture. Crack quail egg on top, place slice of tomato on top.

Bake in oven 200deg.

Remove and sprinkle with parsley.