

Roasted quails on its chest, with thyme and garlic, pan-fried foie gras escalope, spinach in butter, sautéed potatoes in field dress |

Recipe for 4 servings

Description

A fun dish for Christmas and the holidays that you'll enjoying cooking and sharing with the family!

Ingredients

Roasted quails

- 4 Unit(s) Quails
- 4 Sprig(s) Thyme
- 4 Clove(s) Crushed garlic
- 4 Nut(s) Butter

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Foie gras scallops

- 2 Unit(s) Foie gras scallop

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Potatoes and spinach

- 200 Gr Spinaches
- 600 Gr Fingerling potatoes
- 4 Sprig(s) Thyme
- 4 Clove(s) Crushed garlic

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Prep

Butterfly cut the quails.

Wah the potatoes and slice them lengthwise.

Quails

Put the quails on a baking tray, chest again the tray.

Season with salt and pepper, drizzle with olive oil, add few pieces of butter on the skin of the quails.

Add thyme and garlic and cook everything in the oven for 15 to 20 minutes.

The meat should come out slightly pink.

Foie gras scallops

Dip the scallops in the flour, gently tap them to remove the extra flour.

In a warm non sticky pan, put the scallops and sear them until they're nice and brown.

Cook for about 1 or 2 min on each side, put aside on a baking tray. Finish the cooking in the oven for 3-4 min before serving.

Vegetables and side

Fingerling potatoes

In a warm pot with a bit of oil, put the potatoes, flesh side first. Once nice and brown, add some thyme and garlic, then season with salt and pepper. Put your pot in the oven for 20 to 25 minutes. You'll be able to pierce easily with the tip of a knife when they'll be cooked.

Spinach

In a pot with some butter, cook the spinach. Stir with a wooden spoon. Season with salt and pepper.

Once cooked, put aside and keep warm.

Dressing

Make a bed of spinach on one side of the plate; on top add some potatoes.

On the side, put a quail, add some foie gras on top. Sprinkle some fleur de sel and add 2 baked garlic cloves

Bon appétit!