



Slow Food® Herefordshire

Spatchcock Quail, Wild Strawberry and Rocket Salad with a Redcurrant Dressing – serves 4

The smallest of the European game birds, with a delicate flavour that is ideal for this light summer starter.

4 oven ready quail
2 – 3 tbs olive oil
2 tbs fresh thyme leaves
3- 4 grindings of black pepper

- Spatchcock the quail by cutting through the back bone and pressing flat with the palm of your hand.
- Put the quail in a flat dish and marinade over night with the olive oil, thyme and black pepper.
- Just before service quickly grill the quail or roast in a hot oven for 12 mins until golden brown

Redcurrant Dressing

200g fresh redcurrants, whizzed in a blender, sieved to make a puree
2 tbs red wine vinegar
Pinch salt
1 tsp olive oil
2 tsp caster sugar
Juice ½ orange
Little orange zest for garnish

Salad

75g wild strawberries or 50g small strawberries thinly sliced
Good bunch of fresh rocket mixed with land cress or mixed salad leaves

To serve

- Divide the leaves between 4 plates
- Scatter the strawberries over
- Place the cooked quail on top
- Drizzle with the redcurrant dressing and orange zest