

PAN FRIED QUAIL WITH SAFFRON RICE

4 QUAIL
1 LARGE RED ONION
4 CLOVES OF GARLIC
FRESH THYME
LEMON

PEEL THE ONION AND SLICE LENGTHWISE IN HALF. CUT INTO 1/4 INCH HALF MOONS.

PEEL AND THINLY SLICE GARLIC.

SPLIT THE QUAIL BY CUTTING THROUGH THE BACKBONE. PLACE CUT SIDE DOWN AND PRESS DOWN FIRMLY WITH THE HEEL OF YOUR HAND TO FLATTEN.

MARINATE THE QUAIL FOR AT LEAST AN HOUR IN SALT, PEPPER, JUICE OF ONE LEMON, OLIVE OIL, SLICED ONIONS, GARLIC, AND THE LEAVES FROM A FEW SPRIGS OF FRESH THYME.

SAFFRON RICE

2 SHALLOTS
1 LARGE CARROT
1 1/2 CUPS OF LONG GRAIN RICE
SAFFRON
3 CUPS OF CHICKEN STOCK

PRE-HEAT OVEN TO 350°

PEEL AND MINCE SHALLOTS. PEEL CARROT AND DICE.

BRING THE CHICKEN STOCK TO A SIMMER ON TOP OF THE STOVE.

IN A HEAVY-BOTTOMED POT OR DUTCH OVEN, MELT 2 TBSPS OF BUTTER AND 1 TBSP OF OLIVE OIL. ADD THE SHALLOTS AND CARROTS, COVER AND SWEAT ON LOW HEAT UNTIL TRANSLUCENT.

ADD THE RICE, SALT AND PEPPER, AND STIR A FEW MINUTES TO COAT WITH BUTTER AND ONION MIXTURE.

GRIND A GENEROUS PINCH OF SAFFRON WITH A PINCH OF SEA SALT IN A MORTAR AND PESTLE.

POUR 1 CUP OF CHICKEN STOCK INTO THE MORTAR AND ADD TO THE RICE. POUR IN ANOTHER 1 1/2 CUPS INTO THE MORTAR AND ADD TO THE POT.

BRING TO A BOIL, COVER AND PLACE IN THE OVEN. THE RICE SHOULD BE DONE IN ABOUT 20 MINUTES. CHECK TO MAKE SURE IT'S AL DENTE. IF NECESSARY ADD A BIT MORE STOCK AND FLUFF WITH A FORK.

TO COOK THE QUAIL, HEAT A LARGE CAST IRON PAN ON TOP OF THE STOVE FOR ABOUT 3 MINUTES.

REMOVE QUAIL FROM MARINADE, PAT DRY. PUT THE ONIONS AND GARLIC IN A SMALL FRYING PAN AND COOK OVER A LOW FLAME UNTIL BROWNEED.

POUR 4 TBSPS OF OLIVE OIL INTO THE PAN AND WHEN IT SMOKES, ARRANGE THE QUAIL, SKIN-SIDE DOWN.

SHAKE THE PAN SO THE QUAIL DON'T STICK, THEN REDUCE THE HEAT TO MEDIUM. COOK ABOUT 4 MINUTES. TURN OVER QUAIL AND PLACE A HEAVY SKILLET ON TOP OF THEM TO FLATTEN THEM. COOK ANOTHER 4 MINUTES. PRICK WITH A SMALL SHARP KNIFE. IF THE JUICES RUN CLEAR, THEY ARE DONE.

ARRANGE ON TOP OF SAFFRON RICE. SPOON COOKED ONIONS ON TOP AND SERVE.

SERVES 4