



QUAIL AND PISTACHIO BALLONTINE

Ingredients

4 quails
100g chicken breast
50g pistachios
50ml cream
1 egg white
½ onion
Parsley
Butter
Grease-proof paper
Foil

Heat oven to 180°C

To bone the quail

Place the quail on your chopping board breast side up. Remove the neck and wings. Insert your knife through the back cavity and remove the back bone. Press the breast with the palm of your hand to flatten. Turn it over and using your fingers remove the breast plate. Place the quail between plastic and flatten slightly. Set aside.

To make the mousse

Chop the chicken breast into cubes. Place it in a food processor with the egg white and a little salt. Puree the meat until smooth, add the cream and blend until incorporated. Remove from the processor and place in a bowl. Add the pistachios and chopped parsley. Set aside.

Putting it together

Cut your grease proof paper and foil into 10 x 10cm squares; rub one side with butter and lightly salt. Lay the flattened quail, skin side down. Place an even amount of mousse in the centre. Roll up to form a sausage. Wrap this sausage in the foil and twist the ends to secure.

To finish

Place the quail package in the oven (180) for 10 minutes. Let rest and let cool naturally. When cold unwrap and cut into ½ cm thick roundels. Place on a crisp crouton topped with grated celeriac and mayonnaise.

Serves 4 to 6

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