



birds

People have gone wild over game in the past few years. Restaurant menus are dotted with quail, pheasant, venison, wild boar, elk, buffalo, goose and duck. Use berries (including huckleberries) and fresh herbs, such as lavender and sage leaves, rosemary and thyme as seasonings. Quail gets a flavor lift from gingered pears poached in port wine with fresh basil.

Grilled Grouse Sandwich

YIELD enough for 1 French loaf

1-1/2 cups	grilled or cooked grouse cubed	375 mL
6 tbsp	oil divided	90 mL
1 cup	tomato paste	250 mL
1 cup	pimiento chopped	250 mL
1-1/2 cups	mushroom pieces fresh or canned and drained	375 mL
1/8 tsp	garlic powder	0.5 mL
French bread		
1 cup	cheddar cheese shredded	250 mL
1/4 cup	green and red pepper slices can use lesser amount of green pepper	60 mL

Sauté peppers, grouse, mushrooms in small amount of hot olive oil, set aside. Combine oil, tomato paste, garlic powder. Mix well. Cut French bread in half lengthwise. Spread cheese on both sides of the open face French bread, spread next with oil, tomato paste and garlic mixture, then pimientos. Place even amount of pepper, grouse, mushroom mixture on each side of the bread. Sprinkle with small amount of cheese. Place under broiler until cheese mixture melts.

Topping

Sprinkle of cheese of your choice.



Grilled Grouse Sandwich

L' Auberge Provencale Chesapeake B & B Liqueur Game Hen

Preheat oven to 350°F (175°C) degrees. In large skillet over medium heat, heat 1 tablespoon (15 mL) olive oil until very hot. Add celery and onion and cook until tender-crisp. Remove from heat and stir in crabmeat and bread crumbs.

Season cavity of each hen with salt, pepper and Old Bay Seasoning. Sprinkle each hen cavity with 1 teaspoon (5 mL) B & B liqueur. Divide crabmeat mixture into equal parts, stuff into each hen and truss for roasting. Lightly dust each hen with flour. In large ovenproof skillet over medium-high heat, heat remaining olive oil and butter. Place hens in skillet and brown lightly. Drain all but 2 tablespoons (30 mL) oil; add whole shallots and bake for 25 to 35 minutes until juices run clear when hens are pierced with a fork, keep warm while making sauce.

Sauce

Remove hens from skillet; reserve juices (skim any fat, discard). Increase heat to high; add B & B liqueur to the pan juices and reduce by 1/2. Add cream, reduce until slightly thickened. Add demi-glace. Place shallots in sauce and reheat, add salt and pepper to taste.

Serve by placing a hen on each of four heated plates; make a line of sauce on each side of hen, place shallot on each line.

SERVES 4

4 tbsp	olive oil	60 mL
1	celery stalk minced	1
1	medium-sized onion minced	1
1-1/4 cups	crabmeat shell removed, flaked	310 mL
2 tbsp	bread crumbs	30 mL
4	Cornish hens deboned (about 1 pound each)	4
salt and pepper to taste		
1 tbsp	Old Bay Seasoning	15 mL
4 tbsp	B & B liqueur	60 mL
2 tbsp	butter	30 mL
3 tbsp	flour	45 mL
2	small shallots minced	2
SAUCE		
2 tbsp	B & B liqueur	30 mL
4 tbsp	veal demi-glace	60 mL
1 cup	cream	250 mL
salt and pepper to taste		

Quail with Rosemary and Balsamic Vinegar Sauce

SERVES 4

8	quail	8
1/4 cup	butter divided	60 mL
3/4 cup	beef broth	175 mL
1/2 cup	balsamic vinegar	125 mL
1 tbs	fresh rosemary leaves or 1 teaspoon (5 mL) dried rosemary springs for garnish	15 mL

Rinse quail and pat dry. Melt 2 tablespoons (30 mL) butter in a 10-inch frying pan over medium high heat. Add birds and brown lightly on all sides, about 10 minutes. Breast meat should be red and moist at the bone; to check, cut from just above the wing joint to breastbone. Lift birds into a serving dish to keep warm. To pan, add broth, vinegar, and rosemary. Over high heat, boil, uncovered until reduced to 1/2 cup (125 mL) about 5 minutes. Add remaining butter; stir constantly over medium heat until smoothly blended. Pour sauce over birds and garnish with rosemary.

Roasted Quail

SERVES 4

4	quail whole	4
6 tbs	butter melted	90 mL
3 tbs	cognac	45 mL
1-2 tsp	lemon juice	15-30 mL
30	white grapes cut in half and seeded	30
2	apples peeled cored and sliced	2
1/4 cup	Vermouth	60 mL
1 cup	chicken broth	250 mL
	salt and pepper to taste	

Rinse quail under cool tap water, pat dry and place in shallow baking pan. Baste outside with butter and season lightly with salt and pepper. Place 1 tablespoon (15 mL) of butter in each cavity along with 1/2 slice of apple and a couple of grapes. Drizzle with cognac. Roast at 400°F (205°C) for 15 minutes basting every 5 minutes. Place the balance of the grapes around the outside of the birds and roast another 15 minutes. Remove quail and keep warm. Combine the remaining apples, Vermouth, chicken stock and pan juices and heat through. Stir well. Serve quail with sauce over top.

Barbecued Quail with Jalapeño Jelly Glaze

Remove necks and giblets; reserve for other uses. Cut through the backbone of each bird with poultry shears or a knife. Place quail, skin side up, on a flat surface and press firmly, cracking bones slightly, until bird lies flat. In a pan, combine butter and jelly. Stir over medium heat until melted. Stir in lime juice; set aside. Place quail, skin side up, on a lightly greased grill 4 to 6 inches above a solid bed of hot (not medium) coals. During cooking turn several times during the last 5 minutes, baste with jelly mixture. Cook quail until skin is browned and breast meat is cooked through, but still slightly pink near bone; cut to test (7 to 8 minutes). Sprinkle with salt and pepper before serving.

SERVES 6-8

18-24	quail	18-24
1/4 cup	butter or margarine	60 mL
2/3 cup	jalapeño jelly	150 mL
2 tbs	lime juice	30 mL
	salt and pepper	

Braised Quail in Juniper

Simmer beef consommé, chicken stock, Port wine, bay leaf and thyme for approximately 30 to 45 minutes or until 2 cups (500 mL) of stock remains. Strain and set aside. Dredge the quail in seasoned flour and brown in a large frying pan with the oil. Remove and set aside. Add the shallots, juniper berries to the pan and sauté until the shallots are tender return the quail to the pan along with the wine broth and cream. Simmer gently for 20 to 30 minutes, turning occasionally. Salt and pepper to taste.

SERVES 4

8	quail	8
2-1/2 cups	beef consommé	625 mL
2-1/2 cups	chicken broth	625 mL
2 cups	Port wine	500 mL
1	bay leaf	1
1	sprig thyme	1
3 tbs	olive oil	45 mL
6	banana shallots large sliced, peeled and chopped	6
15	juniper berries crushed	15
1 cup	whipping cream	250 mL
1 cup	seasoned flour	250 mL
	salt and pepper to taste	

Lemon Butter Quail

SERVES 4

8	quail	8
1/2 cup	butter	125 mL
1/4 cup	lemon juice	60 mL
2 tbsp	lemon peel minced	30 mL
1/4 cup	diced garlic	60 mL
1/4 cup	green onions sliced	60 mL
8	slices bacon	8
1/4 cup	parsley chopped	60 mL
salt and pepper to taste		
Louisiana pepper sauce		
1 tsp	cornstarch	5 mL
1/2 cup	warm water	125 mL

Preheat oven to 350°F (175°C) degrees. In a large cast iron skillet melt butter over medium-high heat. Add lemon juice, peel, garlic and green onions. Sauté 3–5 minutes or until vegetables are wilted. Wrap bacon strip around each quail breast and hold in place with a toothpick. Place quail, breast side up in a 9- x 12-inch baking pan and drape with foil. Thoroughly baste each bird with butter sauce. Bake for 20 minutes, basting occasionally to prevent birds from drying out. After 20 minutes remove foil, turn birds breast side down and brown 10 additional minutes. Remove birds and keep warm. For gravy dissolve cornstarch in warm water and add to drippings in baking dish. Add Louisiana pepper sauce. Stir over low heat, reduce to 1/2 volume and adjust seasonings if necessary. Return birds to baking dish and baste with gravy prior to serving. Garnish with parsley.

Lemon Butter Quail



Cliff House Chef Craig Hartman Maple Smoked Duck Breast with Sweet and Sour Salpicon of Apples

SERVES 4

1	10–12 ounce duck breast split and trimmed	1
1/2 cup	pure maple syrup	125 mL
1 tsp	kosher salt	5 mL
1/2 tsp	cracked black pepper	2 mL
1 tsp	fresh marjoram chopped	5 mL

SALPICON OF APPLES

2	large apples peeled, seeded and cut into small dice	2
2 tbsp	each red, green and yellow bell pepper cut brunoise	30 mL
1/4 cup	raspberry vinegar	60 mL
1/2 cup	sugar	125 mL
1/4 tsp	salt	1 mL
1 tsp	fresh parsley chopped	5 mL

Combine maple syrup, kosher salt, black pepper, and marjoram and marinate breasts overnight. Sear duck breasts, skin side down, over medium heat until dark brown and most of the fat is rendered out. Using a home smoker, smoke breast flesh side down, over hickory wood for 20 minutes. Do not allow temperature to rise over 200°F (95°C) degrees. Cool and slice thin on the bias against the grain.

Salpicon of Apples

Combine all ingredients. Place 3 ounces (90 mL) of apple on plate and flatten to make a bed for the slices of duck. Sprinkle extra chopped parsley around edge of plate and serve.

Brunoise

Small Dice; 1/8-inch cube is the standard. For a brunoise cut, items are first cut in julienne, then cut crosswise. For a fine brunoise, 1/16-inch square, cut items first in fine julienne.

Pheasant with Mustard Sauce

In medium-size skillet, melt margarine over medium heat. Add pheasant and sauté until light-golden brown. Remove from skillet and place in a shallow baking dish; bake in a 325°F (160°C) oven 5 to 10 minutes while you make the sauce. In same skillet in which pheasant was cooked, combine mushrooms and shallots and sauté 2 minutes. Add wine and let simmer 3 minutes to reduce. Add both styles of mustard and sauté 2 minutes. Add broth and let simmer 4 minutes to reduce. Stir in cream and adjust seasoning with salt and pepper.

SERVES 4

2	whole pheasants deboned and cut in half	2
1/4 cup	margarine	60 mL
1 cup	Shiitake mushrooms sliced	250 mL
1/3 cup	shallots chopped	75 mL
1/3 cup	dry white wine such as Chardonnay	75 mL
2 tsp	Dijon mustard	10 mL
1 tsp	country style Dijon mustard with seeds	5 mL
1 cup	pheasant or chicken broth	250 mL
1/4 cup	whipped cream	60 mL
	salt and pepper to taste	



*Pheasant with
Mustard Sauce*

Chef Les Kincaid's Roast Duck Breast with Balsamic and Apricot

Sauce

In a heavy saucepan cook shallot in (5 mL) 1 teaspoon butter over moderately low heat, stirring, until softened. Carefully add both Port and brandy and boil until reduced by half. Add demi-glace and simmer for 5 minutes, or until reduced to about 2/3 cup. Pour sauce through a fine sieve into a small bowl and return to pan. Stir in apricot, vinegar, and salt and pepper to taste. Simmer sauce until apricot is just heated through and stir in remaining tablespoon (15 mL) butter.

Duck

Put duck breasts, skin sides down, on a cutting board. Using a sharp knife and following shape of breast trim all sinews, excess skin, and fat. With a fork carefully prick skin all over without piercing meat. Heat an ovenproof cast-iron skillet over moderately high heat until hot and add oil, swirling skillet until coated evenly. Pat duck dry and season with salt and pepper. Put duck, skin sides down, in skillet. Reduce heat to moderate and cook duck until skin is deep golden, about 3 minutes. Turn duck over and cook 2 minutes more. Remove duck from skillet and pour off fat. Return duck, skin sides down, to skillet and roast in meddle of oven 5 minutes for medium-rare. Keep duck warm and reheat sauce over low heat. Slice duck on the diagonal and serve with sauce.

SERVES 4 – 6

SAUCE		
1/4 cups	shallots minced	60 mL
1 tbsp	cold sweet butter plus 1 teaspoon (5 mL)	20 mL
1/2 cup	Tawny Port	125 mL
1 tbsp	Brandy	15 mL
1 cup	duck-and-veal demi-glace 6-1/2 ounce container stirred together with 3 tbsp (45 mL) water	
1/3 cup	julienne strips dried apricot	75 mL
1 tbsp	balsamic vinegar	15 mL
2	1-pound boneless duck breasts with skin (Long Island or Peking) halved	2
1 tsp	canola oil	5 mL

Chef Les Kincaid Grilled Duck Breast with Black Currants

SERVES 6

2 cups	wine Cabernet Sauvignon	500 mL
1/2 cup	black currants fresh or frozen	125 mL
2 tbsp	cassis syrup	30 mL
1/2 cup	duck stock	125 mL
6	duck breasts 6-8 ounces each	6

Kosher salt and freshly ground white pepper to taste

Place the wine, half the black currants, and the cassis syrup in a medium-size saucepan and boil over moderate heat until the wine has reduced to about 1 cup (250 mL) 8 to 10 minutes. Add the stock and continue boiling until it has reduced by half, 5 to 7 minutes more. Strain out and discard the black currants, season the sauce to taste, and keep warm.

While the sauce is reducing, preheat the grill or broiler until very hot. Season the duck breasts with salt and pepper and cook them, with the skin side facing the heat, until crisp and brown, about 3 minutes; halfway through the cooking, rotate them 90 degrees to give them crosshatched grill marks. Then flip them and cook about 3 minutes more, until medium-rare, still pink in the center. With a sharp knife, cut each breast at a 45-degree angle into slices about 1/4-inch thick. Arrange each breast on a heated serving plate. Spoon the sauce over it and scatter the remaining black currants on top.

Fried Quail with Sausage and Oyster Cream

Preheat the oven to its lowest setting and place a cooking rack over a sheet pan in the oven. Rinse the quail, pat dry, then dust in the flour. Do not season the flour; the sausage is very salty and spicy. Fry the quail in a small amount of oil or lard in a skillet over high heat until they are golden brown, turning once, about 10 minutes. Remove to the rack in the oven to keep them warm while you prepare the cream sauce. Drain the oysters and set aside, reserving the liquor. Put the sausages in a saucepan and cook over medium high heat until all of the grease is rendered out and the sausage is evenly browned. Remove the sausage from the pan and allow it to drain. Pour off the grease and discard. Add the cream and the oyster liquor to the pan and reduce over high heat until the sauce is just shy of the desired consistency, stirring often and scraping any brown bits stuck to the bottom of the pan. Lower the heat and crumble the cooked sausages into the cream. Add the oysters, heating the sauce through until the oysters just begin to curl, just a minute or two. Remove the birds from the oven to plates. Pour the sauce over the birds, dividing the oysters and bits of sausages equally among the plates.

SERVES 2 main course or 4 appetizers

4	quail dressed for cooking	4
	flour for dusting	
	lard or oil for pan frying	
1 cup	shucking oysters and their liquor	250 mL
1/4 lb	country sausages	113.5 g
1 cup	cream	250 mL

Quail in Raspberry Sauce

Rinse quail and pat dry; save necks and giblets for another use. Pour 2 tablespoons (30 mL) oil into a 10-inch skillet over medium high heat. Add birds a few at a time (do not crowd), and brown all over about 5 minutes per bird; add oil as needed. Arrange birds, breast up and slightly apart on a rack in a roasting pan. Roast birds in 400°F (205°C) oven until breasts are still red and moist in center but not wet-looking (cut into breast just above wing joint to test), 12 to 15 minutes. Remove birds to a platter; if needed, keep warm in low oven up to 30 minutes. Reserve roasting juices.

Sauce

To the frying pan add sugar and 1 tablespoon (15 mL) vinegar. Cook over medium high heat until sugar liquifies and turns a golden caramel color 3 to 5 minutes. While stirring add remaining vinegar; simmer, stirring until caramel dissolves about 2 minutes. Add broth and quail roasting juices; boil uncovered, until reduced by 1/2, about 15 minutes. Mix cornstarch and water stir in to sauce. Stir until boiling. Add raspberries, brandy. Lemon juice, salt and pepper to taste. Pour sauce over the birds and serve.

SERVES 8

16	quail	16
3 tbsp	salad oil	45 mL

SAUCE

1/3 cup	sugar	75 mL
1/2 cup	raspberry vinegar or red wine vinegar divided	125 mL
2 cups	chicken broth	500 mL
1-1/2 tbsp	cornstarch	22.5 mL
1-1/2 tbsp	water	22.5 mL
1 cup	unsweetened raspberries fresh or partially thawed	250 mL
2 tbsp	brandy	30 mL
2 tbsp	lemon juice	30 mL
salt and pepper to taste		

Hidden Creek Chef Rose Ludwig Roasted Breast of Duck with Raspberry Sauce and Wild Rice Pancakes

Sauté the garlic in the olive oil for one minute then add wine to the pan. Reduce the wine by half and then stir in the jam and chicken stock. Reduce this mixture by one-third; add the sage and pepper to taste. Set aside.

Lightly salt and pepper the duck and place skin side down in a skillet or sauté pan heated to a medium heat. Cook slowly for 10 to 15 minutes until the skin is brown and some of the fat has been rendered out. If you do this step too quickly, the fat will not render out, but will be seared under the skin. Remove from the pan and roast on a rack in a roasting pan for 10 to 15 minutes until medium-rare. Remove from the oven, and allow the duck to rest for 5 minutes before slicing. Slice against the grain on an angle into about 4 or 5 pieces.

Wild Rice Pancakes

Mix all the ingredients together. Cook on either a lightly greased griddle or a large frying pan at medium-high heat. Once the pan is heated, using 1/4 cup (60 mL) of batter for each pancake, ladle batter onto the griddle so that the cakes are about 4 inches apart. When the edges are slightly browned and bubbles on the surface begin to pop, flip the cakes and continue cooking until they done all the way through. To serve, lay two of the pancakes on the edge of a dinner plate and arrange the duck slices on top of the sauce.

SERVES 4

4	full duck breasts split into halves	4
1 tbsp	olive oil	15 mL
2	garlic cloves minced	2
1/2 cup	red wine preferably Cabernet Sauvignon	125 mL
2 cups	chicken stock	500 mL
1/2 cup	seedless raspberry jam	125 mL
1 tsp	finely chopped fresh sage	5 mL
4 tbsp	unsalted butter room temperature	60 mL
salt and pepper to taste		

WILD RICE PANCAKES

2	eggs	2
4 tbsp	unsalted butter melted	60 mL
1-1/4 cups	flour	310 mL
2 tsp	sugar	10 mL
4 tsp	baking powder	20 mL
1 tsp	salt	5 mL
1/2 tsp	black pepper	2 mL
2 cups	milk	500 mL
2 cups	cooked wild rice	500 mL

The Red Castle Inn Roasted Game Hens with Espresso Sauce

SERVES 4

4	Cornish game hens 454 g (1 pound) each	4
1 tsp	salt	5 mL
1/2 tsp	fresh black pepper	2 mL
2	slices lemon cut in half	2

SAUCE

1/2 cup	espresso or strong coffee	125 mL
2 tbsp	brandy	30 mL
2 tbsp	fresh lemon juice	30 mL
1/2 tsp	Dijon mustard	2 mL
1/4 tsp	paprika	1 mL
3 tbsp	unsalted butter or margarine	45 mL
8	medium shallots peeled and left whole	8

Combine sauce ingredients in a small saucepan. Heat to boiling, lower to simmer and cook one minute. Place oven rack in lower third of oven and preheat to 375°F (190°C) degrees. Rinse hens with cold water, dry well. Season cavities with salt and pepper. Place half slice lemon in each, divide 1 tablespoon (15 mL) espresso sauce equally between each cavity. Tie or skewer hens and roast breast side up in a shallow baking pan. Brush with a little sauce and cover loosely with a foil tent. Roast for 30 minutes, remove foil and brush with sauce. Roast 30 to 45 minutes longer until juices run clear when pricked. Cover again with tent if necessary to prevent over browning. Remove to heated platter and keep warm.

The Inn at New Berlin Chambord Roasting Duck

SERVES 4

4	young duck halves	4
1 cup	blackberry preserves	250 mL
2/3 cup	sugar	150 mL
3 tbsp	cider vinegar	45 mL
2/3 cup	Chambord liqueur	150 mL
1/2 cup	chicken stock	125 mL
1 tbsp	flour	15 mL
1 tbsp	water	15 mL

Preheat oven to 350°F (175°C) degrees. Combine all ingredients except duck in a heavy saucepan on medium heat until it reaches a boil. Simmer for 5 to 10 minutes on low heat, stirring constantly to avoid scorching. Coat each duck half with 2 tablespoons (30 mL) of sauce. Bake for 25 to 30 minutes or until skin is crispy. Thicken the remaining sauce with equal portions of a flour and water mixture until it coats the back of a spoon. Drizzle the remaining thickened sauce over cooked duck and serve on warm plate.

Mix 1 tablespoon (15 mL) flour to 1 tablespoon (15 mL) of water for each cup of sauce.

