



Serves:	2 people
Preparation:	15 minutes
Cooking time:	30 minutes
Level:	Even I can do this

CONFIT QUAIL RISOTTO

With lemon thyme and rainbow chard

This recipe usually features asparagus but it's not in season so Sift Produce suggested using lemon thyme and rainbow chard. Delicious.

Ingredients

- 320 gm of carnaroli risotto rice
- Karrabool extra virgin olive oil
- 500 ml Feather and Bone quail stock
- 2 cups of chopped rainbow chard leaves
- a few sprigs of lemon thyme
- 50 gm Pepe Saya cultured butter
- 50 gm Parmigiano Reggiano, grated
- Salt and pepper
- 4 confit Piccolo quail marylands (1 pack)
- 4 sous vide Piccolo quail breasts (1 pack)

Method

To make the risotto

- Drizzle a little olive oil in a pan, add the rice and toast it for a couple of minutes.
- Slowly and gradually add the quail stock.
- Add the chard and lemon thyme.
- Remove from the heat and add the butter and Parmesan.
- Stir until creamy and season with pepper and salt.

Brown the quail

- Open up the packs of marylands and breasts and squeeze some of the juices plus a dash of olive oil into a pan on medium heat.
- Put the marylands and quail into the hot pan with their juices to warm them through and brown them a little. A couple of minutes each side.
- Serve on top of a generous helping of risotto .

