

PRIDE & PRODUCE

Try this recipe created by chef Ben Williamson using the best fresh produce and innovative appliances from Harvey Norman®



Game CHANGER

CHEF'S CHOICE:
BANYARD GAME BIRDS
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ROAST OF THE DAY

ROASTED KING QUAIL, PARSNIP GLAZE AND BURNT ALMOND OIL

SERVES 4

100g sea salt flakes
4x Banyard Game Birds king quails, halved
50g blanched almonds
150ml grapeseed oil

PARSNIP GLAZE

50g unsalted butter
2 tbs extra virgin olive oil
2 large parsnips, grated
½ cup honey

SALAD

1 bunch flat-leaf parsley, leaves picked
1 punnet micro mint, leaves picked
1 lemon, juiced
100g marinated feta, crumbled
1 pomegranate, seeds removed

Combine the salt and 500ml water in a large saucepan and place over medium-high heat to make a brine. Bring to a simmer and stir until the salt has dissolved. Remove from heat, then add 2L cold water and one tray of ice to cool the mixture down quickly. Add the quail and chill for at least 3 hours or overnight.

Preheat oven to 200°C.

Place the almonds on a baking tray and roast for 10-15 minutes until very dark brown, almost blackened. Remove and cool slightly. Place in a blender with the oil and whiz until completely smooth. Strain through a clean Chux cloth or coffee filter and set aside, discarding the solids.

For the parsnip glaze, melt the butter and oil in a frypan over medium heat. Add the parsnip, reduce

heat to medium-low and cook for 10-15 minutes until the parsnip is completely soft, but not caramelising or burnt. Add 1½ cups water, bring to a simmer, and cook for 4-5 minutes allowing the flavours to infuse. Strain the mixture, being careful not to push any solids through the sieve, and discard the solids. Return liquid to pan, add the honey and bring to a simmer and reduce until thickened. Set aside to cool.

Remove quail from brine and pat dry with paper towel, inside and out. Place skin side up on a rack uncovered in the fridge for 2 hours to dry. Remove the quail from the fridge and leave at room temperature for 30 minutes. Place quail on a rack and roasting tray, brush with a little of the glaze and roast in the oven for 20 minutes, basting twice. Remove from the oven and set aside to rest.

For the salad, combine the herbs and toss with lemon juice. Divide and arrange on plates and top with the feta and pomegranate seeds.

Divide and place quail on plates and drizzle over almond oil to serve.

RECIPE BY:

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