



Poche-Grille Quails with Plum Sauce

Ingredients

- 10 pieces Quails
- 1 large Shallots, chopped finely
- 1 tbsp Butter
- 3 tbsp White vinegar
- 500 g Plum sauce
- 4 tbsp Dijon mustard
- 1 cup Cooking cream
- 2 cubes MAGGI® Chicken Bouillon Less Salt
- 300 mL Water
- 2 pieces Plums. ut into wedges
- 1 g For the marination:
 - 1 tsp Dijon mustard
 - 2 tbsp Olive oil
 - 2 pieces Lime juice
 - 1 pinch Ground Black Pepper

Instruction

1. Poach the quails in boiling water for 1 min, then refresh immediately in iced water to stop the cooking process. Marinate the quails with the Dijon mustard, olive oil, lime juice and crushed black pepper.
2. Sauté the shallot with the butter for 2 to 3 mins. Add the vinegar and simmer until reduced to 1 teaspoon. Add the plum sauce, mustard, cream and chicken stock and simmer for 10 mins.
3. Grill the quails on medium heat. Place them in serving platters topped with the plum sauce and garnished with the plum wedges.

Nutrition

Carbohydrates	17.9 g
Energy	304.95 kcal
Fats	14.96 g
Protein	25.36 g

🕒 30 Minutes

⊕ 6 Servings