

Chargrilled Quail with Lemon, Sage and Grapes

This dish is great for this time of year, its very light and easy to prepare and is good for the barbeque. The sweetness of the grapes works really well with the quail. For this recipe we use "brown" chicken stock as opposed to "white" chicken stock. The main difference between the two is that for "brown" stock the chicken bones are roasted in the oven beforehand whilst for "white" stock the bones are slightly simmered. The flavor therefore in the "brown" stock will be much deeper and richer.

It is always best to find good quality poultry that is free range and organic. Ask your butcher to prepare your quail for you.

Serves 4 as a tapa

2 quails (250-300g in size)

200ml brown chicken stock (ideally home made, but a good quality bought one will be fine)

1 cup green grapes - seedless

5 sage leaves finely shredded

1 lemon zest

knob of butter

salt and pepper

Ask your butcher to remove the bones of the quail, leaving the leg and the wing bone, but keeping it whole. This makes it flat and easy to grill.

Season the quail and coat in a little olive oil and chargrill skin side down first. Cook for about 4 to 5 minutes only turning once, allowing the flesh to still be slightly pink and the skin nice and caramelized. Don't over cook as the quail will become dry.

Whilst cooking the quail gently crush the grapes in your hands just so the skin splits. This allows the juice and flavor to come out in the sauce.

Reduce the stock with the grapes for about 3-4 minutes, add the sage and stir in the butter. The butter will slightly thicken the sauce and make it rich.

To serve, slice the quail in half, giving each person one breast and one leg, pour the sauce over and sprinkle with lemon zest.