

QUAIL & MUSHROOMS



Serving Size: 8

Ingredients

3 Slices	Bacon
1 1/2 Cups	Sliced Onion
3 Cloves	Minced Garlic
8 Whole	Quail
1/4 Cup	Acorn Flour
3 Cups	Sliced Mushrooms
1 1/2 Teaspoons	Balsamic Vinegar
2 Cups	Chicken Broth
1/2 Teaspoon	Black Pepper
1 Teaspoon	Salt
1/8 Teaspoon	Cayenne Pepper (Optional)

Per Serving (excluding unknown items): 272 Calories; 16g Fat (53.5% calories from fat); 25g Protein· 7g Carbohydrate; 1g Dietary Fiber, 85mg Cholesterol; 289mg Sodium. Exchanges: 0 Grain (Starch); 3 1/2 Lean Meat, 1 Vegetable; 0 Fruit; 1 Fat.



In a large skillet, over medium high heat, fry the bacon until crispy. Drain bacon, set a side.

Add the flour to the skillet stirring to make a brown roux. Keep stirring for 8 minutes.

Stir in the onion and garlic; saute for 3 minute or until wilted (If needed, add Olive Oil).

Add the mushrooms and continue to cook for 2 minutes.

Add the chicken stock and balsamic vinegar; stirring constantly until well mixed. Bring to a boil.

Cut the quail down the middle of the breast and season with salt, pepper, and cayenne pepper.

Add the quail to the mushroom mixture and reduce heat and simmer for 30 minutes.

Finish off the dish by adding chopped bacon back in and serve with a salad of miner's lettuce to increase the nutritional value of the whole meal.

Recipe developed by Lois Fluke
(Sherwood Valley Band of Pomo Indians Tribal Member)

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