

## Stuffed quail in Freekeh

Preparation and cooking time : 2h30 minutes

### INGREDIENTS FOR 4 PEOPLE

- 4 Deboned quails by your butcher
- Carcasses of the deboned quails
- 1 Carrot
- 3 Carrot tops
- 2 Onions
- 300g Freekeh (Green wheat)
- Raisins
- 2 Bay leaves
- 3 Cloves
- Olive oil
- Butcher's string
- Salt
- Pepper



## PREPARATION

### **FREEKEH**

Rinse the freekeh and drain it

Cut the onions in cubes

Brown the onion in a spoonful of olive oil

Add the freekeh to brown it

Stir in raisins

### **BROTH**

Brown the quail carcasses with an onion and a carrot cut into large pieces

Cover with water and add the bay leaves, 3 cloves, salt and pepper

Let reduce over low heat for 2 hours

Add the broth to the freekeh

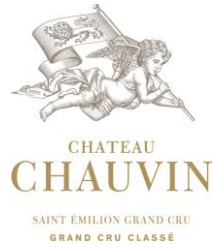
Let cook 40 minutes on low heat

### **STUFFED QUAILS**

Stuff the quails with the freekeh

Close the quails with the butcher's string

Roast the quails and the carrot tops for 25 minutes at 200°C



## FOOD AND WINE PAIRING

To accompany this dish, we recommend opening a bottle of Château Chauvin 2011. A vintage that has always been in the shadow of the 2010 and 2009, but that wakes up in elegance showing a beautiful expression of the terroir.

**Serving temperature: 18°C**

