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Quail, Plum & Potato Terrine with Sauternes Jus

Executive Chef Dushan Popov - Lustica Bay Hotel- Montenegro

Overview

Quail, Plum & Potato Terrine with Sauternes Jus is a refined and visually striking dish that showcases the depth and elegance of quail in multiple forms. The star of the plate — crisp, panéed quail legs — delivers rich, savory flavor and textural contrast. Paired with the sweetness of Italian plums and the earthy foundation of a layered potato terrine, the dish is brought together with a luxurious Sauternes-infused jus.

Components

1. Panéed Quail Legs
2. Confit Quail Legs and Crown Preparation
3. Sauternes Quail Sauce
4. Red Onion & Plum Purée
5. Sriracha Walnut Glaze

1. Panéed Quail Legs

Ingredients:

- 10 Cooked quail legs
- 250g Panko breadcrumbs
- 10g Espelette pepper
- 10g Fennel seeds (blitzed)
- 10g Coriander seeds (blitzed)
- 5g Chopped chives
- 5g Chopped parsley

Method:

1. Mix all dry ingredients in a large bowl.
 2. Set up a breading station with the spiced breadcrumb mix.
 3. Carefully coat each cooked quail leg in the mixture.
 4. Reserve, ready to fry when needed.
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2. Quail Crown & Leg Confit

Ingredients:

- 5 Whole quails
- 100g Grey salt
- 10g Chopped thyme
- 2 Chopped bay leaves
- 2 Garlic cloves
- 500g Duck fat

Method:

1. Preparation:

- Remove legs from each quail.
- Leave the breasts on the crown; clean and dry.
- Remove thigh bones from legs, fold legs with skin tucked in.

- Save trimmings for the sauce.

2. Curing the Legs:

- Mix salt, thyme, bay, and garlic.
- Rub onto legs and cure for 3 hours.

3. Cooking the Legs:

- Rinse off the salt, pat dry.
- Place in a tray, cover with duck fat.
- Cook at 120°C for 1 hour, or until tender.
- Cool in a blast chiller.

3. Quail Sauternes Sauce

Ingredients:

- 15kg Chicken wings
- 1kg Carrots
- 1kg Onions
- 600g Celery
- 800g Leeks
- 1 Head garlic
- 2 Bottles dry white wine
- 1 Bottle Sauternes
- 10g Thyme
- 1 Bay leaf
- 15L Chicken stock
- 750g Reduced veal stock
- Reserved quail trimmings
- Beurre noisette (to finish)

Method:

1. Roast chicken wings at 200°C for 20 minutes until golden.
 2. Caramelize vegetables in a pan, deglaze with white wine, reduce.
 3. Add roasted wings and chicken stock.
 4. Simmer gently for 3 hours, skimming impurities.
 5. Reduce Sauternes separately to a light syrup.
 6. Strain stock, add veal stock, reduce to desired consistency.
 7. Roast quail trimmings, add to sauce.
 8. Adjust sweetness with both reduced and raw Sauternes.
 9. Finish with thyme, bay, and beurre noisette.
 10. Strain for a silky finish.
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4. Red Onion & Plum Purée**Ingredients:**

- 1kg Finely diced red onions
- 2kg Italian plums
- 20g Fresh grated ginger
- 200g Honey
- 200g Sugar
- 2L Red wine
- Zest & juice of 1 orange
- 200ml Orange juice (Tetra)
- 200ml Apple juice (Tetra)
- 2 Bay leaves
- 5g Chopped thyme
- 1 Star anise

- 200g Cassis purée
- 10g Beetroot powder
- Pinch of xanthan gum
- Salt & pepper to taste
- Balsamic vinegar to season

Method:

1. Combine all ingredients *except* plums and cassis.
 2. Bring to a boil, then gently cook for 2 hours until alcohol evaporates.
 3. Add plums and cassis purée, cook until deep in color and glossy.
 4. Blend and adjust seasoning with balsamic vinegar.
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5. Sriracha Walnut Glaze

Ingredients:

- 800ml Water
- 600g Sugar
- 200g Walnuts
- 150g Sriracha
- Salt and pepper
- Tabasco to taste
- Togarashi (Japanese chili mix)

Method:

1. Combine water and sugar to create a neutral glaze.
2. Add Sriracha and togarashi, reduce until sticky.
3. Poach walnuts in water for 5 minutes, then drain.
4. Coat walnuts in glaze, add Tabasco.
5. Fry at 160°C until golden.

6. Season and cool at room temperature.

Plating Ideas

- Slice the terrine neatly and plate with a smear of plum purée.
 - Rest a panéed quail leg on the side, golden and crisp.
 - Dot with Sriracha walnuts for crunch and heat.
 - Spoon over a touch of the rich, glossy Sauternes jus.
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Food for Thought

- Could you substitute duck fat with another medium for confit, such as olive oil?
 - How might smoked salt or burnt orange zest elevate the plum purée?
 - What other nut or spice variations would harmonize with quail?
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