

Braised quail (HdeH chicken) with apricots, currants, and tamarind

Yotam Ottolenghi and Sami Tamimi, Jerusalem –A cookbook, p.176-177

Serve 4

- 4 extra-large quail, about 6 ½ oz. each, cut in half along the breastbone and back
(HdeH preferably chicken as quail was a little disappointing)
- ¾ teaspoon chile flakes
- ¾ teaspoon ground cumin
- ½ teaspoon fennel seeds, lightly crushed
- 1 tablespoon olive oil
- 1 ¼ cups water
- 5 tablespoons white wine (HdeH White Vermouth)
- 2/3 cups dried apricots, thickly sliced
- 2 ½ tablespoons currants
- 1 ½ superfine sugar
- 1 ½ tamarind paste
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon thyme leaves
- Salt and freshly ground black pepper
- 2 tablespoon chopped mixed cilantro and flat-leaf parsley, to garnish

1. Wipe the quail (chicken) with paper towels and place in a mixing bowl. Sprinkle with the chili flakes, cumin, fennel seeds, ½ teaspoon salt, and some black pepper. Massage well with your hands, then cover and leave to marinate in the fridge for at least 2 hours or overnight.
2. Heat the oil over medium-high heat in a frying pan that is just large enough to accommodate the birds (chicken) snugly and for which you have a lid. Brown the birds on all sides for about 5 minutes, to get a nice golden brown color.
3. Remove the quail (chicken) from the pan and discard most of the fat, leaving about 1 ½ teaspoons. Add the water, the wine (vermouth), apricots, currants, sugar, tamarind, lemon juice, thyme, ½ teaspoon salt, and some black pepper. Return the quail (chicken) to the pan. The water should come three-quarters up the sides of the birds; if not, add more water. Bring to a boil, cover the pan, and simmer very gently for 20-30 minutes, turning the quail (chicken) over once or twice, until the birds are just cooked.
4. Lift the quail (chicken) from the pan onto a serving platter and keep warm. If the liquid isn't very thick, return it to medium heat and simmer for a few minutes to reduce to a good sauce consistency. Spoon the sauce over the quail (chicken) and garnish with the cilantro and parsley, if using.

