The Incredible Speckled Egg!

QUAIL EGG vs. CHICKEN EGG

QUAIL EGG HEALTH BENEFITS

- Contain 3-4 times the nutritional value of regular chicken eggs

- Contains 5x the iron and potassium of chicken eggs

- Known to prevent the symptoms associated with allergies, hay fever & sinusitis

- Improve digestion, immune system function, detoxification and combating disease

QUAIL EGG DISHES

- Deviled quail eggs - appetizer
- Fried quail egg on gourmet burger
- Hard boiled quail egg for salad
- Pickled quail eggs for Bloody Mary or Martini

See back for some recipe ideas.

Quail egg item # 15853
pack count=15/12
(12 trays of 15 eggs each)
180 total/ case

Quail egg item # 15853-1
pack count= 15/1
(1 tray of 15 eggs)

MANCHESTER FARMS Quail

www.manchesterfarms.com

Sausage, Spinach, and Quail Egg Breakfast Salad

Ingredients:
1 cup spinach
1 tablespoon chopped scallion
handful of sliced grape tomatoes
1 teaspoon red wine vinegar
1 tablespoon olive oil
freshly ground black pepper, to taste
2 patties (or links) cooked breakfast
turkey sausage
(frozen precooked ones that you just pop in the microwave for like a minute; they are so useful to us! But obviously you can use any form of breakfast sausage that you want)
2 fried quail eggs
pinch sea salt
pinch red pepper flakes
2 toasted baguette slices for serving

Instructions:

Place the spinach, scallions, and tomatoes in a bowl. Drizzle the red wine vinegar and olive oil and toss a bit. Sprinkle black pepper. Place the cooked sausage links over that. Place your fried egg over that, then sprinkle it with a pinch of salt and red pepper flakes. Slice and toast baguette, and spread a bit of butter on one side.

To fry the egg, melt butter in skillet on medium heat. Crack egg into skillet and fry just until egg white is cooked, or sunny-side up, roughly 1 minute.

Fresh Pea Pancakes with Smoked Salmon, Créme fraiche and Quail Eggs

(Pea pancakes adapted from Jean Georges Vongerichten) • (Makes about 12 small pancakes, or 20 amuse-bouche size)

8 ounces, fresh or frozen & thawed peas
1 egg
1 -2 tablespoons of flour
salt & freshly ground black pepper
2 tablespoons canola or grapeseed oil
1/2 lb. Scotch smoked salmon
12 quail eggs
lemon
créme fraiche

Bring a small pot of water to a boil & blanch them until tender, about 1-2 min. Drain, then run under cold running water until cold.

Set 1/3 of the peas aside & puree the remaining pea in a food processor with the egg. The mixture should be smooth, if not add 1 or 2 Tbls of water.

Place the puree in a bowl and whisk in the flour, salt & pepper & the reserved whole peas.The mixture should have the consistency of pancake batter, adjust the amount of flour accordingly.

Place 1 Tbls of oil in a skillet & heat over medium-high heat & spoon the batter with a spoon to make pancakes. Don't crowd the pan too much.

Cook gently, about 3 mins. per side, taking care not to cook them too much.

Place the pea pancakes on a plate & keep warm while you cook the rest of the batter.

Keep the skillet on medium heat & add a little more oil. Break the quail eggs in a ramequin taking care not to break the yolk & transfer to the skillet. Season with salt & pepper & cook to sunny-side up.

Top the warm pea pancakes with smoked salmon. Squeeze some lemon juice over them & top each pancake with an egg. Serve immediately with créme fraiche.
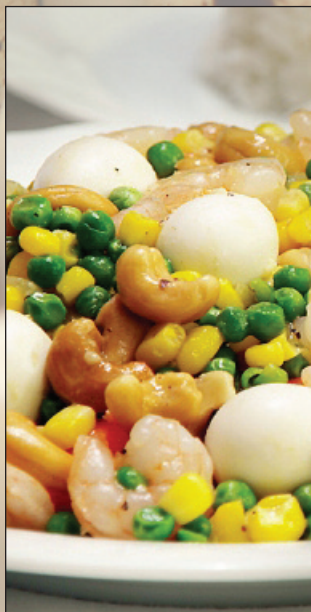
Mixed Vegetables with Shrimps and Quail Eggs

Ingredients:
1 1/2 cup green peas
1 1/2 cup corn kernels
1 cup chopped carrots
1/2 cup cashews
1 dozen quail eggs, boiled and shelled
1 cup shrimp, peeled off
1 shallot, chopped
2 cloves garlic, minced
1/2 cup chicken stock
1 tsp cornstarch
1 tsp sesame oil
salt
white pepper
3 tbsp butter

Instructions:
1. Mix together cornstarch and chicken stock, set it aside.
2. In a pan melt butter then sauté garlic and shallots in low heat. Cook until shallots are soft.
3. Add corn, carrots and peas, cook for 3 minutes.
4. Pour chicken stock mixture, cashew, shrimps and quail eggs, bring heat to medium then cook while occasionally stirring for 3 minutes.
5. Season with salt and pepper, drizzle sesame oil on top then serve.