



Roast Quail Tart Marinated in Cobram Estate Premiere Extra Virgin Olive Oil

24 deboned quail breasts, from large quails
2 tbsp finely chopped lemon thyme
1 tbsp cracked black pepper
½ cup Cobram Estate Premiere Extra Virgin Olive Oil
about 400g fresh puff pastry or 1 sheet of frozen pastry
3 tbsp Italian-style tomato sauce
2 anchovy fillets, finely chopped
500g baby spinach leaves
½ red capsicum
200g Swiss brown mushrooms
salt and freshly ground black pepper
2 tbsp finely chopped shallots
2 tbsp brandy
2/3 cup thickened veal stock (available at 'The Essential Ingredient')
3 tbsp chopped parsley

Serves 8

Premiere Extra Virgin Olive Oil



Cobram Estate Premiere extra virgin olive oil is the first oil from the new harvest, regarded as the finest of the season.

Use everyday for dressing salads and seafood, drizzling over vegetables, fish and bruschetta and dipping bread.

Place quail breasts in a bowl. Add lemon thyme, cracked pepper and 1/3 cup Cobram Estate Premiere olive oil. Gently toss quail breasts in the seasoning, then cover with plastic film and marinate for at least 2 hours in the refrigerator.

Preheat oven to 220°C. Roll the pastry out to a thickness of about 3mm, then cut it into 8 rectangles 5 cm x 10 cm. Prick the pastry with a fork and place on a non-stick baking sheet.

Spread the centre of each pastry rectangle with some tomato sauce and chopped anchovies, leaving about a 5mm edge free of sauce. Cook the pastry in preheated oven. Then after 10 minutes reduce the temperature to 180°C and continue to cook until the pastry bases are lightly browned. Remove from oven.

Wash spinach and cook it in its own steam in a large saucepan on high heat until wilted. Drain cooked spinach.

Heat remaining Cobram Estate Premiere olive oil in a pan. Add sliced capsicum and mushrooms and cook on high heat until soft. Add cooked spinach, mix well and season with salt and pepper.

Heat a large non-stick frypan and cook quail breasts on high heat for about 1 minute each side. Transfer breasts to a plate. Add shallots to pan and cook for 2 minutes. Add brandy, stir well, and then add stock. Bring to a simmer for 2 minutes. Season with salt and pepper, stir in parsley and add quail breasts to reheat for 1 minute.

Place the warm pastry bases on plates. Top with some vegetables and 3 quail breasts per person. Spoon over a little sauce and serve.

Enjoy your meal,

Gabriel Gaté