Roasted Quail with Bluebird Grain Farms Farro
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A recipe from Chef Peter Birk at BOKA restaurant + bar, a contemporary restaurant at Hotel 1000 featuring urban American food, handcrafted cocktails and a wine list reflecting a heavy Northwest influence.

**Ingredients**
- 60 mL olive oil
- 60 mL red wine
- 15 mL honey
- 5 mL lemon juice
- 5 mL balsamic vinegar
- 1 clove garlic (peeled and bruised)
- 1 small shallot (peeled)
- 4 quail
- butter
- salt
- pepper
- Bluebird Grain Farms Farro

**Directions**
1. Rub the quails with the butter, salt and pepper. Place in a non-reactive dish just large enough to fit the quails. Combine the olive oil, wine, honey, lemon juice and vinegar.

2. Pour the marinade over the quails, then add the garlic and shallot and cover with plastic wrap. If you are prepping the day before cooking, put in the fridge to marinate overnight. If you are prepping the afternoon of, leave out to keep the birds at room temperature. When you are ready to cook, preheat the oven to 425°F. Discard the garlic and shallot.

3. Remove quails to a baking dish (skin side up). Pour the marinade into a frying pan. Put the frying pan over a moderately high heat and bring marinade a boil. Let it reduce until slightly thickened. You can add a spoon of sugar if you want to increase the syrupy consistency.

4. When the marinade has reduced, pour over the birds and brush the quails with the syrup. Bake in the preheated oven for about 10 minutes, or until the juices run clear.
Bluebird Grain Farms Farro Recipe

Bluebird Farms Farro for the Roasted Quail

Ingredients

240 mL farro
240 mL chanterelles
60 mL olive oil
1 L broth, stock or water
480 mL winter greens, torn in pieces
1 Washington apple, cut into slices
Salt and pepper

Directions

1. In a 5 L pan over high heat, heat the olive oil and add the onion, stir often until browned, about 5 minutes.
2. Add farro to pan and stir until grains are dried, about 2 minutes. Deglaze with a splash of white wine if desired.
3. Add broth and bring to a boil, then reduce heat, cover pan, and simmer (check and stir occasionally to keep it from boiling over) until faro is tender to bite and no longer tastes starchy, about 50 minutes. Drain the farro and either chill them for later finishing or hold warm to finish sooner.
4. In a sauté pan, heat olive oil over medium high heat. Add chanterelles and apples, cook for 1-2 minutes. Add farro and continue to cook. When mixture is heated through, add the greens and the check for seasoning.
5. Place quail on top of mixture and serve.