

Quail in Rose Petal Sauce

(adapted from *Like Water for Chocolate*)

The original recipe for this dish calls for rose petals, but you don't want to use petals from conventional flower shop roses—those are treated with fungicides. Still, if you have some organically grown roses in your backyard, or know where to buy them, feel free to use them to garnish the finished dish.

You'll find rosewater at local Middle Eastern stores, and red prickly pear fruit puree or juice at most health food stores—or substitute frozen raspberries.



- 4 quail (or 6 doves)
- 3 tbsp butter
- Salt and pepper to taste
- 1 cup dry sherry
- 6 peeled chestnuts (boiled, roasted, or canned)
- 1 clove garlic
- 1/2 cup red prickly pear fruit puree (or substitute raspberries)
- 1 tbsp honey
- 1/4 cup chicken stock
- 1/2 tsp ground anise seed
- 1/4 tsp ground cinnamon
- 14 tsp rosewater
- Petals of 6 fresh, organic red roses (optional garnish)

Heat the serving platter in an oven set to low. Rinse the quail and pat dry. In a large frying pan over medium-high heat, melt the butter and lightly brown the birds on all sides. Add sherry and salt and pepper to the quail. Lower the heat, cover, and simmer 15 minutes. Turn the quail, cover, and cook another 10 minutes. Remove the quail when done to your liking and place on a heated platter.

Combine the remaining ingredients with pan juices, transfer to a blender, and puree until smooth. Pour the sauce into a small pan and simmer 5 minutes, or until slightly thickened. Adjust seasoning with more salt, pepper, and/or honey. Pour the sauce over the quail on the heated platter and serve hot. Sprinkle with the rose petals if you have them. Serves 2.