

Iron Chef Central Coast | Chef Pandee Pearson, Windows on the Water, Morro Bay



The Parmigiano broth that accompanied this Prosciutto Wrapped Quail is a great use for your leftover Parmesan rinds which, after tasting this rich broth, you will never throw away again.

Prosciutto Wrapped Quail and Fontina d'Aosta Arancine in Parmigiano Broth with Fig Balsamic Jam and Pistachio Gremolata (serves 4)

- 4 semi-boneless quail
- 8 pieces Prosciutto di Parma, thinly sliced
- 4 c quality chicken or vegetable broth
- 4-6 oz Parmesan rinds (or more)
- 3 c cooked risotto, refrigerated until cold
- 6 oz Fontina d'Aosta Cheese or Fresh Mozzarella Cheese cut into ½ inch cubes
- 2 c fine bread crumbs
- salt & freshly ground black pepper
- vegetable oil for frying

Parmesan Broth: simmer rinds in broth very slowly until rinds give their flavor and broth is reduced, rich, and flavorful. Strain out rinds to serve. *(Chef's Note: Blend the finished broth with a half cup of blanched Italian parsley to give it a green color)

Quail: Cut wings off at first joint after the body. Wrap Prosciutto around breast area. Grill or sauté and finish in oven until breast is medium rare.

Arancine: (Cheese Stuffed Rice Balls), scoop one spoonful of the risotto into your hand at a time. Make an indentation in the rice and tuck a cube of the cheese into the center. Smooth the rice over the filling, forming a 2 inch round ball. Coat evenly in bread crumbs, place on a baking sheet lined with wax paper, and refrigerate until you are ready to fry them. Heat frying oil to 350 degrees.

Fry arancine in small batches until golden brown, and drain on paper towels.

Fig Balsamic Jam

- 6 oz figs, dried or fresh
- 1 c balsamic vinegar
- ½ c water
- Zest of 1 orange
- ½ tsp ground cinnamon
- 1 tsp black pepper
- 1 small knuckle ginger, peeled and chopped
- 1 Tbsp sugar

Simmer all ingredients together until figs are plumped and liquid is reduced by one third. Blend in a bar blender until smooth adding a little water if necessary. Place dollop on quail breast.

For the Pistachio Gremolata:

- ¼ c pistachio nuts, roughly chopped
- 1 Tbsp chopped Italian parsley
- 1 Tbsp chopped mint leaves
- ¼ c finely grated Parmesan cheese
- Salt & black pepper to taste

Combine all ingredients together. Sprinkle Gremolata over dish.



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