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Bizarre Foods, Travel Channel

Castello Banfi  
Vigne Regali Rosa Regale

## Sweet and Sour Bangkok Style Quail with Red Chiles

Servings: 6

### **Ingredients:**

12 boneless whole quail  
2 teaspoons salt  
1 tablespoon turmeric  
2 teaspoons cinnamon  
10 dried whole California or Mexican chiles (arbols or other long red thin chiles)  
5 fresh red thai chiles or 1 scotch bonnet/habanero chile  
6 minced shallots  
4 garlic cloves, minced  
4 stalks lemon grass, cleaned, trimmed and minced  
3 tablespoons peanut oil  
1 cup ketchup  
 $\frac{2}{3}$  cup white vinegar  
5 tablespoons sugar  
1 tablespoon salt  
1 cup diced carrots, blanched and cooled  
1 cup cooked peas (frozen are fine)  
40 fresh mint leaves

### **Method:**

1. Toss the quail with the salt, turmeric and cinnamon. Reserve.
2. Cut off and discard the chile stems, shake out the seeds.
3. Place the dried chiles into a cup of boiling water and refresh for 10 minutes.
4. Drain and puree them with the fresh chiles, the shallots, garlic and lemon grass in a food processor. Reserve.
5. Heat the peanut oil in a very large pan or wok over high heat. Brown the quail and set aside.
6. Add the chile mixture to the pan and cook for 4 minutes until fragrant and mahogany colored. Add the quail back to pan and cook, tossing, until they are all cooked thoroughly.
7. Stir in the ketchup and vinegar, the salt and the sugar.
8. Cook for several minutes after the mixture boils, to heat through and consolidate the flavors, add the vegetables and mint.
9. Toss and serve immediately with side bowls of steamed Thai sticky rice served at room temperature .

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