Native Food Recipe
Quail and Mushrooms

Ingredients

- 3 slices bacon
- 1 1/2 cups onion
- sliced 3 cloves garlic
- minced 8lb whole quail
- 1/4 cup acorn flour
- 3 cups mushroom sliced
- 1/2 teaspoons balsamic vinegar
- 2 cups chicken broth
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper, optional

Directions

1. In a large skillet, over medium high heat, fry the bacon until crispy. Drain bacon, set a side.
2. Add the flour to the skillet stirring to make a brown roux. Keep stirring for 8 minutes.
3. Stir in the onion and sauté for 3 minutes or until wilted.
4. Add the mushrooms and continue to cook for 2 minutes.
5. Add the chicken stock and balsamic vinegar; stirring constantly until well mixed and bring to a boil.
6. Cut the quail down the middle of the breast and season with salt, pepper, and cayenne pepper.
7. Add the quail to the mushroom mixture and reduce heat and simmer for 30 minutes. Turn quail over after 15 minutes of cooking.

Notes

Serves about 8. Enjoy as a main dish.
Native Food Recipe

Acorn Bread

Ingredients

- 2 cups acorn flour
- 3 cups whole wheat flour
- 1 package dry yeast
- 1/2 cup water, very warm
- 1 cup water, very warm
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoons honey
- 2 tablespoons olive oil

Directions

1. In a large bowl dissolve yeast in 1/2 cup very warm water.
2. Add the honey, oil, salt, baking powder, and 1 cup all-purpose flour to the yeast mixture; using a hand mixer blend for 2-3 minutes.
3. Slowly add more water and 1 cup flour to yeast mixture. Add the acorn flour slowly stirring by hand to form a soft dough that is not sticky to handle.
4. Turn out on floured surface; knead until smooth and elastic. 6-8 minutes.
5. Place dough in a bowl with oil; turn to coat both sides. Cover and place in warm area and let rise until double in size. About 1.5 hours.
6. Punch down and turn out on a floured surface. Knead and shape into loaves. Place on cookie sheet and let rise until double in size; about 30 minutes.
7. Preheat oven to 375 degrees. After dough has doubled in size bake in a preheated oven for 30-45 minutes.
8. Remove from oven and let cool for 5 minutes. Serve hot or cold.

Notes

Serves about 18. Serve as a side.