PICKLED QUAIL EGGS



Rosie's Preserving School

EQUIPMENT LIST

- ☑ Cutting board
- 🖂 Knife
- 🖂 Large pan
- ☑ Slotted spoon
- 🖂 Jam funnel
- 🖂 Ladle
- 🖂 Saucepan

Makes around 2 500g/16oz jars. Make sure you have enough lids and labels as well

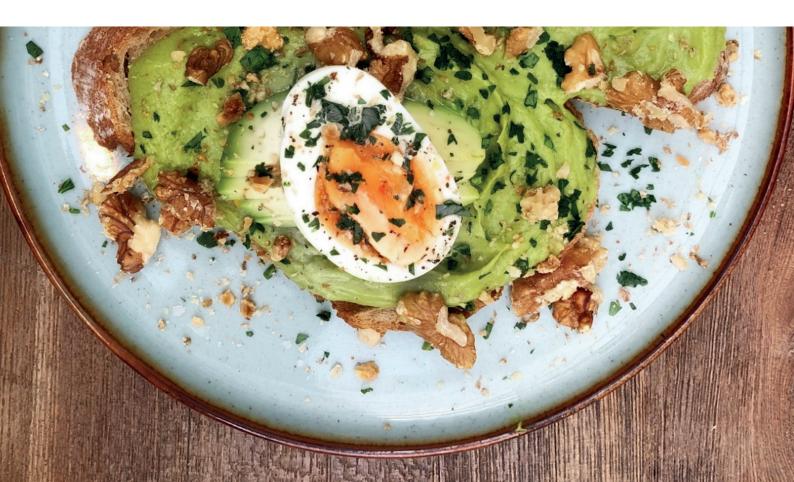
Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

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INGREDIENTS

- Quail eggs
- ☑ White wine vinegar**
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- 🛛 Honey
- 🖂 Sea salt
- ☑ Sprigs of fresh lemon thyme
- 🖂 Bay leaf
- ☑ Yellow mustard seeds
- Peels of lemon zest
- ☑ *https://quaileggs.co.uk/
- 🗵 use lemon vinegar if you have it

- 24*
- 240ml 8 floz
- 240ml 8 floz
- 2 tablespoons
- 1 tablespoon
- 2 teaspoons 1



METHOD

Prepare your jars by washing, rinsing and placing in a warm oven to dry and sterilise

Place the quail eggs in a large pan and cover with cold water

Bring to pan to the boil, remove from the heat, cover the pan and leave for 5 minutes

Pour off the water and replace with cold. Leave until the eggs are quite cold, then peel

Make the brine by combining the first 5 ingredients in a pan, heat and stir to combine – bring to the boil, then remove from heat

Pace the eggs in your chosen jars leaving 3cms/1 inch headspace. Add the mustard seeds. Pour over the hot brine to cover

Push the lemon zest peels down the sides and add a few sprigs of lemon thyme and a bay leaf

Serve as part of a Summer salad for lunch or on top of grilled avocado on toast

BUTTERED EGGS: Use fresh laid, still warm, unwashed eggs. Rub with softened butter or lard and store in a cool, dry place. No need to refrigerate, keep for up to 6 months



PRESERVED EGGS: Ratio of ingredients Calcium Hydroxide or Pickling Lime and water loz to one quart (2 pints) in metric 28.35 gms to 1,13 litres

