

PICKLED QUAIL EGGS



Rosie's Preserving School
PRESERVING PRESERVING

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!

Rosie

INGREDIENTS

- Quail eggs 24*
- White wine vinegar** 240ml 8 floz
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- Honey 2 tablespoons
- Sea salt 1 tablespoon
- Sprigs of fresh lemon thyme
- Bay leaf
- Yellow mustard seeds 2 teaspoons 1
- Peels of lemon zest
- *<https://quaileggs.co.uk/>
- use lemon vinegar if you have it



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 1oz to one quart (2 pints) in metric 28.35 gms to 1,13 litres

