

## A TRULY EDWARDIAN QUAIL & BEEF PUDDING



This classic recipe was the creation of Rosa Lewis whose life story was the inspiration for the classic Edwardian television series. The Duchess of Duke Street. Rosa was famous for her game sauces and quail pudding, created for her long-time friend King Edward VII who dined regular at this famous hotel.

Bernard Shaw wrote Pygmalion while staying at the Cavendish Hotel and based the character of Professor Higgins around Lord Ribblesdale and Eliza around Rosa.

### Ingredients

50g / 2 oz butter  
Pinch of fine herbs  
12 quail breasts, skin removed  
450g / 1lb Aberdeen Angus Beef, fat removed, cut into thin slices  
75g / 3 oz button mushrooms  
50g / 2 oz shallots, sliced  
150ml / 5 fl oz fresh orange juice  
1 sprig of fresh thyme  
2 tablespoons brandy  
Salt and freshly milled black pepper  
150ml / 5 fl oz game sauce  
225g / 8 oz suet pastry (see pastry)

### Method

Melt the butter in a large frying pan, add the herbs, quail breasts, button mushrooms and shallots and pan-fry them for 6 minutes. Remove the breasts from the pan.

Add the orange juice, thyme, brandy and seasoning to the pan and simmer for at least 20 minutes until the liquid is reduced by half.



**Quail Pudding**  
**Tom Bridge © 2005**

#### **ROSA LEWIS SUET CRUST 1890**

*This crust was always used for Rosa's game pie and Quail Puddings*

220g / 8 oz self-raising flour  
1 level tsp baking powder  
110g / 4 oz beef suet  
Salt & freshly ground white pepper  
Pinch of mace  
Pinch of ground rosemary  
60ml approx of cold water to mix

Sieve the flour, salt, pepper and spices. Lightly toss in the beef suet and stir in loosely with a fork. Make a well in the centre of the mixture and add just enough water to make workable dough. Knead for a few minutes only and then the suet is ready for immediate use.

Add the game sauce and simmer and reduce by half again. Interlay the quail meat and beef with the game sauce into a 20cm / 8 inch pudding basin, which as been buttered and lined with suet pastry. Cover the top of the basin with suet pastry and seal; gently brush the top with melted butter and cover with several layers of cooking foil. Steam the pudding in a covered saucepan for 2 hours, topping up the pan with extra water as necessary.

Serve with fresh asparagus and duck fat roasted potatoes.

"The Cavendish Hotel, London. 1890 "

Re created by Tom Bridge  
From his forthcoming MSS **2008** ©