



# Greenmarket Recipe Series

## Deviled Quail Eggs

By Susan Streit Sherman of Crate Cooking

### Ingredients:

- |   |   |
|---|---|
| *15 quail eggs  | ½-1 tsp white vinegar                   |
| 2 Tbsp mayonnaise (bonus points if you make your own using Greenmarket eggs!) | Kosher salt                             |
| *1 Tbsp Dijon mustard   | *Crushed red pepper flakes, for serving |
|   | Extra virgin olive oil, for serving     |

***\*Ingredients available seasonally at your neighborhood greenmarket***

### Instructions:

1. Bring a medium saucepan of water to a boil; reduce to a simmer. Meanwhile, prepare an ice bath in a medium bowl.
2. Carefully add the eggs to simmering water using a slotted spoon and cook for 5 minutes. Immediately transfer cooked eggs to the ice bath.
3. Once cool, tap the bottom (wider) part of each egg against a hard surface to crack it. Return cracked eggs to the water bath. To peel, remove the cracked shell and find the membrane “skin” between the shell and the egg white. Peel the membrane and the shell should easily come off with it. And yes, the inside of those egg shells are blue!
4. Slice each egg in half, lengthwise. Remove the yolks from each half and place in a medium bowl (set whites aside). Smash yolks with a fork. Add mayonnaise, mustard, 1/2 teaspoon vinegar and a large pinch of salt to yolks and mix until well combined. Taste for seasoning, adding more vinegar or salt as you see fit.
5. Place a piece of plastic wrap over the surface of the yolk mixture. Chill mixture and egg white halves for 30 minutes, or up to overnight. To fill eggs, use a rubber scraper or spatula to transfer yolk mixture from the bowl to a sandwich-size plastic or small piping bag. Press the bag with your hands to push all the filling to one corner and press any air out of the top. Using scissors, cut the tip off the corner of the bag, about 1/4-inch.
6. Pipe equal amounts of the yolk mixture into the egg white halves, squeezing the bag from the top to force the filling downward. Alternatively, you could spoon the filling into each egg white, but I find piping simpler - and faster! - since quail eggs are so small.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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- ~~7. Top each deviled egg with crushed red pepper flakes (I like just one little red flake per egg for a little heat and color), flaky sea salt and a drizzle of olive oil.~~



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