

# Pan-Seared Squab

Recipe By *Michal Frischman*



Cooking and Prep:  35  
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Serves:  2

Contains:   

Preference: Meat

Serves four as an appetizer or two as a main dish

Difficulty: Easy

Occasion: Purim, Sukkot

Source: Family Table by  
Mishpacha Magazine

## Ingredients (13)

### Squabs

- 2 Pellah squabs
- 2 tablespoons of Pellah Pure Rendered Duck Fat or margarine, softened
- 1 tablespoon thyme or parsley, stems removed and roughly chopped, plus more for garnish
- 1 clove garlic, crushed, or 1 cube **Gefen Frozen Garlic**
- 1/2 shallot
- salt, to taste

pepper, to taste

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## Strawberry Glaze

8 ounces (225 grams) fresh or frozen strawberries (about 2 cups)

1/2 cup **Alfasi Cabernet Sauvignon** or other good-quality cabernet sauvignon

2 tablespoons maple syrup

1/4 cup **Bartenura Balsamic Vinegar**

1 tablespoon **Reine de Dijon Wholegrain Mustard**

1 tablespoon **Gefen Soy Sauce**

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## Start Cooking

### Prepare the Squab

1. Preheat the oven to 400°F (200°C). Then create the compound duck fat: In a small bowl, combine the duck fat or margarine, thyme or parsley, and clove of garlic, crushed. Chop the shallot to a medium dice and then crush in a garlic press, a few pieces at a time, and combine.
2. Use your finger to gently loosen the squab skin from the meat and spread around a tablespoon of the duck fat mixture under the skin of each bird. Thoroughly salt and pepper both sides of the squabs.
3. Heat a large frying pan over medium–low heat and place the squabs skin-side down inside. Cook about five minutes, then flip and cook another five minutes, then finish in the oven for another five minutes. The meat should be medium rare.

### Prepare the Strawberry Glaze

1. While the squab is cooking, heat the strawberries, wine, maple syrup, vinegar, mustard and soy sauce. Bring to a simmer and reduce for about 5 minutes.
2. Spoon the glaze over finished squab and garnish with additional herbs.

### Credits

Photography: Moisha Wulliger

Styling: Renee Muller