

Balsamic-Glazed Squab, Crushed Clementine And Grits

Yield: 4 min
Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-roasted-squab-recipe>

Ingredients:

- 1 cup grits stone-ground
- cracked black pepper
- kosher salt
- 2 tablespoons unsalted butter
- 1/2 cup parmigiano-reggiano grated
- 1 tablespoon sugar
- 1/3 cup extra virgin olive oil
- cracked black pepper
- kosher salt
- 4 tablespoons extra-virgin olive oil
- 1/2 cup walnut halves
- 16 sage leaves fresh
- cracked black pepper
- kosher salt
- 1 cup balsamic vinegar
- 2 teaspoons honey
- 2 teaspoons fresh lemon juice
- 2 tablespoons unsalted butter cold, cut into cubes
- 3/4 cup pitted green olives hand-crushed
- 1 1/2 cups heavy cream
- 6 clementines
- 4 whole squabs semi-boneless, 10 to 12 ounces each

Nutrition:

1. Calories: 1280 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 185 milligrams

4. Fat: 101 grams
5. Fiber: 14 grams
6. Protein: 15 grams
7. SaturatedFat: 41 grams
8. Sodium: 1250 milligrams
9. Sugar: 29 grams

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