

barwick estates

HONEY GRILLED QUAIL WITH COUSCOUS

Wine: st johns brook 2003 Pinot Noir



Ingredients:

Couscous:

1 carrot, finely diced
1 onion, finely diced
1 celery stick, finely diced
40g butter, diced
80g sultanas
pinch saffron thread
300ml couscous

300ml water or chicken stock

Quail:

6 quail – boned and laid flat
1 tsp coarse cracked black pepper
80ml liquid honey
60ml oil
20g butter
100ml St Johns Brook Pinot Noir

Method:

Couscous:

1. Put carrot, onion, celery, butter, sultanas and saffron in cold water in a pot and place on the stove to boil. Once this has come to the boil, add the couscous and give a quick stir. Cover and turn off heat. Allow to steam at least 10 mins, remove lid and fork through.

Quail:

1. Heat a good size fry pan, add oil and heat until just starting to smoke. Sprinkle the quail with pepper. Place quail, skin side down, into the pan and brown well for at least 3-4 minutes, crisping up the skin. Turn it and continue to cook for a few minutes; add honey to the skin side, turn again and it will caramelise slightly. Add wine to deglaze the pan; throw in the knob of butter.

Serve the quail on top of the couscous and drizzle over with pan juices.

Serves 6.

