

Christmas Spiced Honey Glazed Quail

serves 4

Ingredients:

4 butterflied quail
½ cup hone
½ cup water
1 cinnamon quill
Zest and juice of ½ orange
¼ tsp mixed spice
1 star anise

2 good pinches salt
4 x wedges of Jap pumpkin
250g green beans, topped
1 x sprig rosemary stripped
2 lg peaches firm
Olive oil



Created by award winning chef

Jason Peppler

Method:

In a bowl combine, honey, water, zest and juice of orange, salt and mixed spice. Whisk together until combined, add the cinnamon quill and star anise, then place the quail in the marinade and leave for a minimum of 2 hours (preferably 6 hours)

Place wedges of pumpkin into a bowl, add stripped rosemary, 1 tab of olive oil, pinch of salt and cracked white pepper. Toss and transfer to a tray lined with baking paper. Place into a preheated 180 degree oven and cook for approx. 25 minutes or until cooked through.

Once the quail has marinated, remove from liquid and pat quail dry using paper towel. Transfer the marinade to a small saucepan, bring to the boil and reduce to a light syrup.

To prepare peaches, cut cheeks from the peach, brush the cut side with olive oil and grill on grill plate cut side down for approx. 4 minutes, turn over and cook for a further 4 minutes.

To cook the quail, heat a heavy based fry pan, add 1 tab olive oil and sear the quail skin side down until skin is golden brown. Turn quail over and sear on the other side for approx. 4 minutes. Add the reduced glaze to pan and turn quail over again and cook in the glaze skin side down for approx. 2 minutes until skin has nicely glazed up.

Steam green beans in salted boiling water for approx. 2 minutes, remove from water, drizzle with olive oil and season with salt and pepper.

Place all cooked items together and serve.

Enjoy!