

Honey glazed Quail with Adluh Grits, Bacon and Split Creek Goat Cheese Over Sautéed Rainbow Swiss Chard

Servings 1

Ingredients

- 1 boneless Manchester Farms quail
- salt and pepper to taste
- 2 tablespoons of Split Creek goat cheese
- 3 – 4oz of cooked grits
- 1/2 teaspoon olive oil
- 1 tablespoon diced onion
- 1/2 tablespoon fresh sage, minced
- 1/8 egg white
- 2-3/4 teaspoons diced bacon
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon fresh parsley, minced
- 1 tablespoon Bell honey
- 1 tablespoon Firefly Sweet Tea vodka
- Orange to zest
- Brown chicken stock
- 2 – 3 leaves of chard (ribbed) and finely shredded
- 3 tablespoon diced onion
- 1 oz olive oil
- 1 tablespoon apple cider vinegar
- 2 teaspoon dried cherries

Directions

For the Grits

- Heat oil in a medium skillet over medium heat. Sauté bacon and onions (until translucent); add celery and sage and sauté 2 minutes. Stir in orange zest, black pepper, cooked grits, and parsley; mix well. Sauté until grits are bubbling then fold in the goat cheese.
- Arrange grits on a serving plate

For the Quail

- Wash quail and rub the inside cavities with salt and pepper.
- Heat oil in a skillet over medium heat, sauté quail whole for 2 minutes until golden brown.
- Turn quail over and sauté another minute or so until golden.
- Remove quail from pan and de glaze with chicken stock and Firefly Sweet Tea vodka; reduce by half. Stir in the Bell Honey, strain and ladle over the quail.

For the Swiss Chard

- Add oil to a sauté pan. When shimmering add onion and sauté translucent
- Deglaze with vinegar and add the chard.
- Sauté until just wilted