

Hill Country Quail Knots w. Agrodolce Sauce (Using salt for taste and sauce)

Ingredients:

40 Quail Knots, patted dry
2 tbsp brown Mustard seed
2 tbsp yellow Mustard seed
1½ cup white Balsamic Vinegar
2 cups Honey
¼ cup Dijon Mustard

Directions:

Agrodolce Sauce:

Put mustard seeds into pan and heat until they begin to pop.

Turn down heat and add balsamic vinegar.

Reduce to dry.

Add honey and Dijon.

Whisk to combine and add a pinch of salt.

Taste, add salt if needed.

Quail Knots:

In large cast iron skillet heat oil to medium hot – just starting to smoke.

Place quail and turn as each side browns.

Plate over polenta and drizzle with Agrodolce Sauce.

Arrange beans to one side to serve.