

Smoked Breast with Honey Mustard

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Smoked Quail Breast with Honey Mustard, Apple and Parmesan Salad



In a small bowl, whisk together a spoonful of leatherwood honey, a teaspoon or two of Dijon, a splash of apple cider vinegar and a good glug of extra virgin olive oil until the dressing is smooth and glossy.

Taste and season with a pinch of salt if needed.

Finely slice a couple of fresh red apples into thin rounds and toss them immediately in a squeeze of lemon juice so they stay crisp and white.

Add a handful of salad mix and shave in some parmesan or a local hard cheese like Pyengana.

Drizzle over a little olive oil and gently toss everything together with your hands.

Arrange the salad on a platter or individual plates.

Lay the smoked quail breast over the top. Spoon over the honey mustard dressing.