

Quail with honey sauce and Friseline

Preparation

- 1- Season the quail and fry them softly in a frying pan with groundnut oil and butter.
- 2- In a pan, caramelize the honey. Glaze with red wine vinegar and add cooking juice and groundnut oil.
- 3- Cut Friseline into pieces, add the honey sauce and arrange the mixture in the plate.
- 4- Put the quail on the Friseline and coat with honey sauce and grilled sesame seeds.

For 4 persons

- 3 Friseline
- 4 Quail “spatchcocked” (the front of the quail is cut)
- Groundnut oil
- Butter
- Salt, pepper
- 20 g grilled sesame seeds

Honey sauce

- 4 tablespoons of cooking juice
- 2 tablespoons of honey
- Red wine vinegar
- 4 tablespoons of groundnut oil
- Salt, pepper