



Quail Tikki, Banana Guinness Catsup

Spiced legs and fruity dipping

A super simple, quick drinks accompaniment, canapé, snack or starter for your St. Patrick's day get together.

Serves 4

Ingredients

8 quail legs

Splash of oil

1 sachet Green Saffron Tandoori

½ lemon juice and zest

1 red Finger chilli, finely diced

Small handful chopped coriander leaf

Method

1. In a bowl, mix the spice blend with the oil, the lemon zest, juice and half the diced chilli. Add the quail legs, generously coat and set aside to marinade for 20mins.
2. Turn on your grill to high and cook the legs for about 3 minutes both sides, until a little charred, but still juicy. The meat will be firm and have shrunk a little up the drumstick when cooked.
3. Pop onto a warmed plate, sprinkle with the remaining chilli, chopped herbs and serve with my banana catsup

Banana Guinness Catsup

Ingredients

½ a brown onion, diced

Splash of sunflower oil

75ml cider vinegar

50ml Guinness stout

100g dark muscavado sugar

400g ripe banana, roughly chopped

½tsp sea salt

15 gratings of a nutmeg

Seeds of 1 green cardamom pods, finely ground

50g fresh ginger, grated

Method

1. Sweat the chopped medium onion in a little oil.
2. Pour in the cider vinegar, Guinness and dark muscavado, add the banana, salt and bring to a gentle bubble, simmer gently for 10 minutes.
3. Add the spice, the grated ginger cook for another minute, blitz to a smooth purée, check the seasoning then remove from the heat and set aside to cool.

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For handy hints and compliments contact us on:

T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: eatwell@greensaffron.com, W: www.greensaffron.com.

Unit 16 Nordic Enterprise, Knockgriffin, Midleton, Co Cork, Ireland