Southern-Fried Quail With Smoked Gouda Grits & Jalapeño Cornbread

Recipe by the chefs at Pine Hill Plantation.

Southern-Fried Quail

INGREDIENTS
(Serves 6-8)
- 12 wild quail, whole
- 1 quart buttermilk
- 3/4 cup Montreal steak seasoning
- 4 cups all-purpose flour
- 1/4 cup cornstarch
- 1/2 tablespoon salt
- 1/2 tablespoon ground black pepper
- Peanut oil, for frying

TO PREPARE:
1. Thoroughly clean quail. Once the bird is cleaned, submerge the quail in buttermilk to marinate for at least eight hours. Remove the quail from refrigerator one hour prior to cooking.
2. In a fryer or cast iron skillet, preheat the peanut oil to 360 degrees.
3. Mix flour, cornstarch, salt, and pepper.
4. Drain excess buttermilk, sprinkle quail with Montreal seasoning, toss quail into flour to dredge, and shake away excess. Work in batches small enough to avoid excessive cooling of fryer.
5. Cook until the quail float and are golden brown, about 5 to 7 minutes.

Jalapeño Cornbread

TO PREPARE:
1. Preheat the oven to 425 degrees. Combine the cornmeal, flour, baking powder, and salt in a small bowl. Stir together.
2. Measure the buttermilk and milk in a measuring cup and add the egg. Stir together with a fork. add the baking soda and stir. Pour the milk mixture into the dry ingredients and stir with a fork until combined. Fold in the cheese, and set aside.
3. In a small bowl, melt the shortening in the microwave. Slowly add the melted shortening to the batter, stirring until combined.
4. In a cast iron skillet, melt the butter over medium heat. Sauté the peppers and onions until soft, about 4 to 5 minutes. Pour the batter into the hot skillet with the veggies. Spread to even out the surface. The batter should
sizzle.
5. Cook for 1 minute, then transfer to the oven and bake 20 to 25 minutes until golden brown. Serve warm with Southern-fried Quail.

INGREDIENTS
(Serves 6-8)
● 1 cup yellow cornmeal
● 1/2 cup all-purpose flour
● 1 tablespoon baking powder
● Pinch of salt
● 1 cup buttermilk
● 1/2 cup milk
● 1 whole egg
● 1/2 teaspoon baking soda
● 1 cup grated cheddar cheese
● 1/4 cup shortening
● 2 tablespoons butter
● 1 red bell pepper, finely diced
● 1 fresh jalapeño, seeded and diced
● 1/2 onion, diced

Smoked Gouda Grits

INGREDIENTS
(Serves 6-8)
● 6 cups chicken stock
● 2 cups milk (or half and half)
● 1 teaspoon salt
● 1/2 teaspoon ground pepper
● Dash of red pepper
● 2 cups uncooked Palmetto Farms stone-ground grits
● 1 cup shredded smoked Gouda cheese
● 4 tablespoons butter

TO PREPARE:
1. Bring first five ingredients to a boil in a medium saucepan; gradually whisk in grits.
2. Cover, reduce heat, and simmer, stirring occasionally for about 20 to 25 minutes or until thickened.
3. Add cheese and butter, stirring until melted.