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# OSSENWORST WITH A TWIST



Food : Main Courses

## Ingredients

Mustard Seed Relish • 100g Mustard Seeds • 200ml White Wine Vinegar • 50g Sugar • Salt and Pepper  
Quail Egg Yolk • Quail Eggs, organically sourced  
Puffed Quinoa • 100g Quinoa • 500ml Water • 200g Sunflower Seed Oil

## Methods

### Mustard Seed Relish

- Mix everything and let it marinate overnight.

### Quail Egg Yolk

- Freeze the quail eggs overnight. Let them defrost and break them open, separate the egg yolk from the white. The yolk is now cooked.

### Puffed Quinoa

- Cook the quinoa until the seeds are open. Strain them and wash them. Put the oven on 70°C and put the quinoa on baking paper. Leave them in the oven till they are totally dry. Heat the oil to 200°C, add the dried quinoa and strain right away. It will puff due to the heat.