

Recipe of the Week

Quail

4 different ways!



Butterfly Quail—ideal to cook on a grill, BBQ or in a fry pan.

Rosemary and Garlic Butterfly Quail

Chop some fresh garlic and rosemary. Mix it into a little olive oil with some freshly ground pepper. Brush over the quail and season with a little sea salt. Grill for about 5 minutes each side.

Lemon and Olive Oil Butterfly Quail

Ten minutes before cooking, squeeze some fresh lemon juice over the quail. When ready to cook brush with a little olive oil, some freshly ground salt and pepper and grill for about 5 minutes on each side.

Whole Quail—quick and easy to roast

Whole Roast Quail

Place a clove of garlic and a sprig of thyme into the cavity of the quail. Drizzle over a little olive oil and season with some salt and pepper. Roast in a hot oven for 15-20 minutes

Roast Quail with Prosciutto

Wrap the whole quail with a slice of prosciutto and a couple of sprigs of sage or rosemary in the cavity. Drizzle with a little olive oil and some freshly ground black pepper.

Roast in a hot oven for 15-20 minutes.