

QUAIL RECIPE BOOK QUAIL RECIPE BOOK RECIPE BOOK



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Quail with Raisins

Bake time 20 min

Serving 6-8 People

Prep time 20 min

- 4 Quail
- 1 cup chicken broth
- 8 bacon strips
- 1 cup white wine
- 2 cups of white raisins
- Salt & pepper to taste

Wrap quail in bacon
(secure with toothpicks).
Bake 10 min. in pre-heated
oven at 350°F.

Add raisins, broth and wine,
bake uncovered for 10min
at 350°F.



Quail Salad

- 4 Quail
- 1/2 tsp chopped garlic
- 1/2 lb fresh spinach
- 1tbs olive oil
- 1 tsp chopped onions
- 1 tbs vinegar or lemon juice



Bake time 10 min

Serving 2-4 People

Prep time 10 min

Cut quail along backbone, flatten, (apply pressure hand over hand on breast). Salt & pepper both sides, baste with olive oil.

Place quail in pan on MED-HI 3 min. each side (until golden).

Mix onions, garlic, vinegar, olive oil. Warm for 2 min. Dress spinach. Pan warm quail (breast side down) 2 min. Add warm vinaigrette and serve.

B-B-Quail

- 4 Quail
- 1-2 Cloves of garlic (mashed)
- 2 tbs Olive oil
- 1/2 tsp thyme
- 1/2 tsp coarse salt

Bake time	20 min
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Serving	2 People
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Prep time	5 min
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Cut quail along backbone, flatten, (apply pressure hand over hand on breast) Blend oil, salt, pepper, garlic and thyme.

Coat (or marinate) quail with mixture. Place quail on grill (back down) and cook for 10 min. Turn quail, cook 10 min. more; baste frequently.



Grilled Quail Italiana

- 4 Quail
- Salt
- Garlic Salt
- Italian Dressing



Bake time 30 min

Serving 2 People

Prep time 5 min

Cut quail along backbone, flatten, (apply pressure hand over hand on breast). Salt and garlic both sides of bird.

Baste with Italian dressing. Place backside of quail flat on grill and cook for 20 minutes. Place breast side of quail on grill and cook for 10 minutes.

Baste frequently.

Stuffed Quail

- 4 Quail
- 1/2 cup chopped onions
- 1 tsp garlic powder
- 1 large carrot (chopped)
- 1 tsp nutmeg
- 4 stalks celery (chopped)
- 1 cup chopped parsley
- 1 cup red wine (or substitute)
- Salt & pepper to taste
- 1 lb ground meat (poultry or veal)



Bake time 25 min

Serving 2-4 People

Prep time 15 min

Combine ingredients, except ground meat; steam for 10 minutes; cool.

Mix vegetables with ground meat and stuff quail. Baste with oil, roast 15 min. in preheated 300F oven, baste again, add red wine, bake additional 10 min. at 400F.

Serve with wild rice and baked fruit, etc.

Deep Fried Quail

- 4 Quail
- Buttermilk
- Oil Flour
- Salt & Pepper



Bake time	10 min
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Serving	4 People
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Prep time	5 min
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Salt & pepper the quail.
Dip in buttermilk and
immediately roll in flour.
Deep-fry in oil for 9 min.

Serve with French Fries.

Low Country Quail

- 12 Quail
- 8 oz mushrooms
- 8 tbs butter
- 2 cups chicken broth
- 3 tbs flour
- 1/2 cup dry sherry
- 1/2 medium onion
- Salt & Pepper



Bake time 30 min

Serving 8 People

Prep time 15 min

In a skillet at MED-HI, brown quail in melted butter. Remove to baking dish. Add flour to skillet and blend well with butter.

Chop onion and brown with mushrooms in flour mixture. Stir in broth. Add sherry. Salt & pepper. Pour mixture over quail.

Bake covered 1 hr. and 30 minutes in 350F oven.

Roasted Quail

- 8 Quail
- 1 lb mushrooms
- 1/2 cup butter
- 1 cup chicken broth
- 2 tbs. oil
- 1 cup white wine
- 5 green scallions (cut up)
- 2 tomatoes



Bake time 25 min

Serving 4-6 People

Prep time 10 min

Cut quail along backbone, flatten, (apply pressure hand over hand on breast). In a skillet, brown at MED-HI, (breast side first), quail in melted butter for 5 min.

Remove quail, place mushrooms, tomatoes, scallions in same skillet, stirring for 5 min. Add wine and broth, cook additional 10 min. Stir frequently.

Add quail to skillet, simmer for 5 minutes. Salt & pepper to taste.

Quail Hors D'oeuvres

Bake time 10 min

Serving 6-8 People

Prep time 5 min

- 8 Quail
- 6 tbs butter

Quarter quail, heat butter in a skillet at MED-HI; add quail parts, sauté, stirring for 8-10 min.

Salt and pepper to taste.

