

## Quail Recipes

Quail is the most popular gamebird in the Southeastern part of United States. Quail has a delicately sweet taste subtle taste. As with all game meat, the quail is better if not over-cooked.

### Quail Cooking Tips

Like all other game birds, quail need to be cooked carefully to avoid overcooking, as the flesh can dry out. When plans call for grilling, saute'ing, or broiling, quail takes well to marinating for flavor enhancement. Cook skin side down first, then turn once. the birds are done when their juices run pink.

### Charcoaled Quail

1 stick oleo  
1/2 cup lemon juice  
1/2 cup wine vinegar  
1 Tbsp. sugar  
1 Tbsp. salt  
1 Tbsp. prepared mustard  
pepper to taste

Grill quail over low coals and brush often with sauce. Cook to your taste, rare or well done.

### Quail and Rice

4 to 6 quail  
1 cup brown rice, uncooked  
1 onion, chopped  
salt and pepper to taste  
3/1/2 cups broth or stock  
1 small bell pepper, chopped  
1 can cream of mushroom soup

Boil quail until tender, then set aside to cool and debone. Cook rice, onions and bell pepper in 2 1/2 cups broth or stock for 30 minutes. Add Seasoning to the rice mixture and pour into a greased baking dish. Arrange quail over rice. Heat mushroom soup and the remaining cup of broth or stock. Pour over quail and rice mixture. Bake at 350 F for 30 minutes or until hot and bubbly.

### Baked Quail (or Quail "Bagged")

8 to 12 Quail  
salt and pepper  
onion powder  
garlic powder  
1 Tbsp. rosemary  
1 can beer  
1 can cream of mushroom soup  
Sprinkle quail with seasonings. Place in cooking bag. Mix beer, soup, and rosemary and pour into bag over quail. Bake at 350E for 12 hours. Serve over rice.

### Broiled Quail

Split quail in half. Rub with butter and sprinkle with salt and pepper. Broil at least 8 minutes in pre-heated oven, turning every few minutes so all parts are equally browned. Combine small amount of juice from pan with 1 tsp. melted butter and pour over quail. Serve on toast. Garnish with parsley and lemon.  
For New Orleans style: Salt and sprinkle with a little cinnamon before broiling.

### Deep Fried Quail

Make batter with:

2 eggs  
1 cup flour  
13 cups milk  
1 tsp. salt  
Split dressed quail in half lengthwise. Dip into batter and fry in deep hot fat for about 10 minutes or until golden brown.

### Roast Quail with Fruit Stuffing

Rub quail inside and out with wine vinegar. Fill cavity with apricot stuffing. Truss. Place on rack in roasting pan. Melt 2 cup butter and pour over quail. Bake at 450E for 5 minutes. Reduce to 350E for 20 additional minutes.

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