

BBQ Brined Quail

serves 4-6

Ingredients:

4-6 butterflied quail
3L water
150g sugar
150g salt
1 orange (quartered)

4 cloves of garlic
fresh thyme
salt + pepper
olive oil

Method:

Add water, sugar, salt, orange, thyme and garlic into a large pot and bring to the boil. Remove from heat and cool to room temperature. Place the quail in the cooled mixture for two hours, pat dry and season well. Massage with olive oil.

Place quail skin down on a hot BBQ plate for four minutes, until golden brown, Turn quail and grill for three minutes. Close lid and cook on low for a further five minutes and rest for five minutes in a warm place.

Enjoy!

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QUAIL

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