Char Sin Quail

serves 4

Ingredients:

4 whole quail <sup>1</sup>/<sub>4</sub> cup sugar 2 tsp salt <sup>1</sup>/<sub>2</sub> tsp 5 spice <sup>1</sup>/<sub>4</sub> tsp white pepper <sup>1</sup>/<sub>2</sub> tsp sesame oil 1 tbsp shaoxing wine tbsp soy sauce
tbsp hoisin sauce
tsp molasses
tsp red food colour
cloves minced garlic
tbsp honey
tbsp hot water

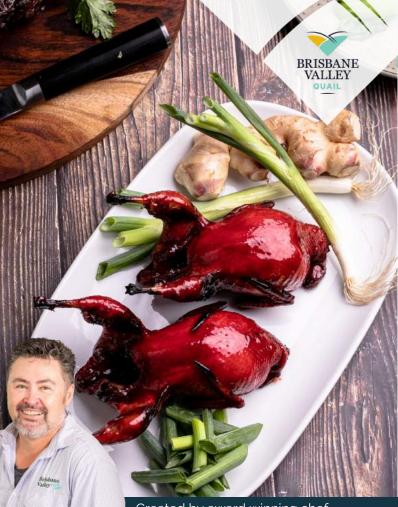
## Method:

Bring all of the ingredients together in a small saucepan and bring to the boil. Allow mixture to cool and marinade whole quail in there for approx. 2 hours. To cook, place marinated quail on a tray and bake in a 180 degree celsius oven for approx. 10-12 minutes until cooked. Serve hot.

Enjoy!

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