

Teriyaki Quail

serves 4-6

Ingredients:

4 x butterflied quail	1 tsp minced garlic
½ cup light soy	1 tbsp Honey
2 tsp water	1 tsp sesame oil
¼ cup brown sugar	3 tbsp mirin
1.5 tsp grated fresh ginger	

Method:

Combine all ingredients together and marinate quail in it for approx. 2-4 hours.

Remove from marinade and sear skin side down over medium heat for approx. 5 minutes, turn over and sear for another 4 minutes.

Remove from pan and rest

Enjoy!

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Created by award winning chef

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