

## BBQ Quail in Soy & Ginger Marinade

- ½ cup soy sauce
- 2 tablespoons vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon sugar
- ¼ teaspoon ground ginger
- ¼ cup water
- 1 clove crushed garlic
- 6 quail, boned and butterflied



Combine the soy sauce, vinegar, oil, sugar, ginger, water and garlic and pour into a dish that is large enough to hold the quail. Add the quail, turn over so that all surfaces are covered with the marinade, cover the dish and refrigerate. Although they become more flavoursome if left to marinate overnight, the quail can also be cooked immediately (if you do so, include the marinade in the pan when baking).

### **To cook on the barbeque, grill plate or in the frying pan**

Preheat the barbeque to medium high heat. Open the bird so it lies flat and place on the grill with the skin side up for about 10 minutes to seal the meat, then turn and cook skin side down about 10 minutes to crisp up the skin. Take care not to overcook the quail, it is cooked perfectly when the meat pulls back from the end of the drumstick leaving the bone exposed.

### **To bake in the oven**

Preheat the oven to 180°C. Remove the quail from the marinade, fold each edge of the bird under (as they are when they come out of the bag) and lay in a baking tray with the breast side up. Include the marinade for a stronger flavour. Bake for 15 minutes, turn the quail breast side down bake for a further 15 minutes. For a crispy skin, finish by increasing the oven temperature to 200°C and turn again, breast side up for 5 minutes.

This basic recipe can be used in many ways and is especially good served with salad.

For a hearty, winter dish, stuff the quail with bread crumbs, tarragon, sage, thyme, diced onion and crushed garlic, wrap the birds in bacon and bake in the oven for about 30 minutes.