

Roast Quail with Crisp Curry Leaves

Recipe by: AGFG | gourmetsauce.com.au

Ingredients

6 x 100 g quails, cleaned
500 ml vegetable oil
50 fresh curry leaves
4 long red chillies
1 large onion, sliced
Steamed jasmine rice, to serve

Marinade

3 tsp five-spice powder
2 tsp sea salt
4 tsp brown sugar
2 garlic cloves, crushed
2 cm piece of fresh ginger, peeled and finely chopped
3 Tbs light soy sauce
100 ml vegetable oil



Method

Put all the marinade ingredients in a large mixing bowl and mix until well combined. Add the quails, coating them well with the marinade. Cover and marinate in the refrigerator for 1 hour.

Preheat the oven to 200°C, transfer the quails and marinade to a baking dish and roast for 15-20 minutes until the quails are lightly golden and cooked through.

Meanwhile, pour the oil into a wok and bring to 170°C, or until a cube of bread dropped into the oil browns in 20 seconds. Flash-fry the curry leaves in small batches for a few seconds, just until crisp. Remove with a slotted spoon and drain well on paper towels.

Now fry the whole chillies in the hot oil for 3 minutes, or until softened. Remove and drain. Reduce the heat to 150°C, then stir the sliced onion in the oil for 4 minutes until softened and slightly caramelised. Remove and drain.

Arrange half the crisp curry leaves and half the fried onion on a serving platter in an even layer. Top with the whole roast quails and garnish with the remaining curry leaves, onion and fried whole chillies. Serve with steamed jasmine rice.