

Grilled Quail in Berry Marinade

6 partially boned quail
Salt and pepper
60 ml oil
30 ml raspberry vinegar
Teaspoon sugar
2 punnets of berries
2 cups of salad leaves



You can use a mix of strawberries, raspberries, blackberries or blueberries

Bring sugar and vinegar to boil in a pot and dissolve sugar. Add oil and cool

Cut berries and marinate in raspberry vinegar mix.

To cook quail season with the salt and pepper and seal skin side down in a hot pan, finish cooking in moderate oven about 10 minutes. Or skin side down on a medium heat on the BBQ with the lid closed for about 10 minutes.

Serve immediately on the berries tossed with the salad leaves.