

RECIPES

Grilled Quail

In northern Mexico, grilled quail are found everywhere from casual cookouts to fine dining restaurants. They are very easy to prepare, especially if you get them partially deboned and are done in just minutes, preferably over a mesquite fire!



Grilled Quail

Ingredients

8 quail, partially de-boned, if possible
¼ cup lime juice
¼ cup extra virgin olive oil
½ teaspoon kosher salt
½ teaspoon ground black pepper

Directions

- 1. Season the quail.** Brush the quail with lemon juice and then with olive oil. Sprinkle with salt and pepper and refrigerate until ready to grill.
- 2. Grill the quail.** Prepare a wood or charcoal fire, heat a gas grill, or a ridged iron grill pan to high heat. Grill the quail on both sides until just cooked through and serve with your favorite rice dish. Serves 4