



Order Quail online at
www.watchNBuy.com
or call
(877) 803-3116 or (210) 494-1978.

*Heart healthy, low in fat and
cholesterol, high in protein.*

We deliver the freshest and finest "Pharaoh
Quail", known for its great flavor, moisture
and tenderness.



B-B-Quail

For 2 persons
Preparation time: 5 min.
Cooking time: 20 min.

4 Quail
1-2 cloves of garlic (mashed)
2 tbs olive oil
½ tsp thyme
½ tsp coarse salt

Cut quail along backbone; flatten (apply pressure hand
over hand on breast). Blend oil, salt, pepper, garlic
and thyme.

Coat (or marinate) quail with mixture.
Place quail on grill (black down) and cook for 10 min.
Turn quail, cook 10 minutes more; baste frequently.
Enjoy!