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www.watchNBuy.com

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(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.



Deep fried Quail

For 4 persons

Preparation time: 5 min.

Cooking time: 9 min.

4 Quail

Oil

Buttermilk

Flour

Salt & pepper

Salt and pepper the quail. Dip in buttermilk and immediately roll in flour. Deep-fry in oil for 9 minutes. Serve with French fries.