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*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.



Low Country Quail

For 8 persons

Preparation time: 15 min.

Cooking time: 1 hr. 30 min.

12 Quail
8 tbs. butter
3 tbs flour
½ medium onion
8 oz. mushrooms
2 cups chicken broth
½ cup dry sherry
Salt & pepper

In a skillet at MED-HI, brown quail in melted butter.
Remove to baking dish. Add flour to skillet and
blend well with butter. Chop onion and brown with
mushrooms in flour mixture. Stir in broth. Add sherry.
Salt and pepper. Pour mixture over quail. Bake covered
1 hr. 30 min. in 350°F oven.