



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.



## **Plantation Fried Quail**

For 4 Persons

Preparation time: 5 min.

Cooking time: 7 min.

4-6 Quail

1 cup flour (corn meal, cracker meal, etc.)

2 eggs (beaten)

Dip quail in eggs then flour; deep fry 7 min.

Enjoy!

If desired, marinate quail for 15-30 min before dipping.

Marinade: Combine  $\frac{1}{2}$  cup water,  $\frac{1}{3}$  cup soy sauce, 1 cup sherry,  $\frac{1}{4}$  cup brown sugar,  $\frac{1}{2}$  tsp ginger powder,  $\frac{1}{2}$  tsp garlic, pepper.