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*Heart healthy, low in fat and
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We deliver the freshest and finest "Pharaoh Quail", known for its great flavor, moisture and tenderness.



Roast Plantation Quail

For 4-6 persons

Preparation time: 10 min.

Cooking time: 25 min.

8 Quail

½ cup butter

2 tbs oil

5 green scallions (cut up)

1 lb. mushroom

1 cup chicken broth

1 cup white wine

2 tomatoes

Cut quail along backbone; flatten (apply pressure hand over hand on breast). In a skillet, brown quail at MED-HI in melted butter for 5 min (breast side first).

Remove quail, place mushrooms, tomatoes, scallions in same skillet, stirring for 5 min. Add wine and broth; cook additional 10 min; stir frequently. Add quail to skillet; simmer 5 min; salt and pepper to taste.