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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.



Barbecued Quail

For 2 persons
Preparation time: 5 min.
Cooking time: 30 min.

4 Quail
Barbeque sauce
Salt & pepper

Cut quail along backbone; flatten (apply pressure hand
over hand on breast). Salt & pepper.
Baste with barbeque sauce.
Place backside of quail flat on grill and cook for 20
minutes. Place breast side of quail on grill and cook for
10 minutes. Baste frequently.