



Quality **Q** Quails

Recipe for Grilled Quail (*Use fresh quail*)

Ingredients:

- ½ tsp ginger powder
 - ½ tsp white pepper
 - 1 clove of garlic
 - Natural salt to taste
 - 1 tablespoon unsalted peanut butter paste (optional)
 - 1 fresh quail
1. Remove quail from freezer and allow to defrost.
 2. Mix all ingredients together in a small bowl.
 3. Once quail is completely defrosted, apply ingredients on both sides of the quail.
 4. Place marinated quail in the refrigerator for 2 hours.
 5. Remove the marinated quail from the refrigerator and place it in a pan and cover.
 6. Place pan with quail on a low heat and cook slowly for 10 minutes.
 7. Light the charcoal grill.
 8. Remove quail from pan and place it on the lit charcoal grill.
 9. Turn the quail from side to side over the grill till golden brown .
 10. Do not over do it so that the meat gets too dry, but ensure it remains juicy.
 11. This is one serving. Serve with potato chips, or vegetables stew, and ugali.