



Recipe for oven smoked quail

Recipe # 1

Remove the smoked quail from package and place in the microwave for 1 minute and it is ready for eating.

Recipe # 2

Quail in vegetable stew

Ingredients

- 2 cups Washed and chopped vegetable (kale or manage or mixed vegetables)
- 1 big onion chopped
- 2 fresh tomatoes chopped
- Salt to taste
- 1 quail

1. Wash and chop the vegetable to desired size. In the case of managu, boil it for 20 minutes after washing.
2. Place 2 tablespoons of vegetable oil in the pan
3. Place pan on the heat and add chopped onions and stir fry till onion becomes light brown
4. Then add the chopped tomatoes to onions
5. Let simmer for 5 minutes.
6. Add the vegetables to pan and stir for 5 minutes.
7. Add salt to taste.
8. Add the smoked quail to the mixture and cook on a low flame for another 10 minutes.
9. Two servings.
10. Serve with Ugali or Yam or steamed rice.