

# COMBI ROASTED STICKY QUAIL

## EQUIPMENT

CHEFS KNIFE, BONING KNIFE, TABLESPOON, LARGE MIXING BOWL,  
BAKING PAPER, PERFORATED BAKING TRAY, LARGE MIXING SPOON, MEDIUM SIZE FRYPAN

## INGREDIENTS

6 WHOLE MEDIUM LARGE QUAIL, 5 SPRING ONIONS, 3CM PIECE PEELED GINGER, ½ LONG RED CHILLI, 3 CORIANDER SPRIGS, 1 TABLESPOON SESAME SEEDS, 1 TABLESPOON SOY SAUCE, 2 TABLESPOON SWEET SOY SAUCE, ¾ TABLESPOON SRIRACHA SAUCE, 1 TABLESPOON HONEY, ½ TABLESPOON SESAME OIL, EXTRA VIRGIN OLIVE OIL, 3 TABLESPOON CHINESE COOKING WINE

## METHOD

TO BEGIN: MEASURE OUT ALL SAUCES INTO A LARGE MIXING BOWL, ADD GRATED GINGER, CHOPPED CHILLI AND 3 SLICED SPRING ONIONS TO THE MARINATE, MIX TOGETHER WELL AND SET ASIDE.

REMOVE THE WING TIPS FROM THE QUAIL AND THE WISHBONES, PLACE THE QUAIL IN THE MARINADE AND MIX TOGETHER WELL AND SET ASIDE AT ROOM TEMPERATURE FOR 1 HOUR OR IN THE FRIDGE FOR UP TO 6 HOURS.

LINE A PERFORATED BAKING TRAY WITH BAKING PAPER AND PLACE A MEDIUM SIZE SAUCEPAN OVER MEDIUM/HIGH HEAT. ONCE THE PAN IS HOT ADD A LITTLE OIL TO THE SAUCEPAN AND PAN FRY THE QUAIL FOR 1-2 MINUTES ON EACH SIDE UNTIL GOLDEN, REMOVE FROM THE PAN AND PLACE ON THE BAKING TRAY.

POUR THE MARINADE INTO THE PAN AND REDUCE OVER MEDIUM HEAT UNTIL THICK. SPOON THE REDUCED MARINADE OVER THE QUAIL AND PLACE THE QUAIL INTO A PRE-HEATED OVEN COMBI SETTING 220°C (50% STEAM) FOR 13 MINUTES. WHILE THE QUAIL COOKS ROUGHLY CHOP CORIANDER AND SLICE THE REMAINING SPRING ONION AND SET ASIDE.

ONCE COOKED REMOVE THE QUAIL FROM THE OVEN AND PLACE A SHEET OF BAKING PAPER OVER THE QUAIL WITH A TEA TOWEL ON TOP AND LEAVE TO REST FOR 8 MINUTES.

TO FINISH PLACE THE QUAIL ON A LARGE SERVING PLATTER SCATTER OVER CHOPPED CORIANDER, SPRING ONIONS AND SESAME SEEDS AND SERVED WITH STEAMED JASMINE RICE.

## HINTS & TIPS

- ALTHOUGH QUAIL CAN BE DIFFICULT TO EAT IT'S WELL WORTH THE EFFORT, ENSURE YOU REMOVE THE WISHBONE BEFORE ROASTING TO MAKE IT A LITTLE EASIER TO CONSUME.
- THE ABSOLUTE KEY TO THIS RECIPE IS IN THE RESTING, THIS ALONG WITH USING SOME STEAM IN THE COOKING PROCESS WILL ENSURE THESE LITTLE BIRDS ARE SUPER JUICY.