



COMMONWEALTH BIRDING

Nothing tastes quite as good as game you've bagged yourself. Here are a few recipes that the staff and hunters at Commonwealth Birding have enjoyed over the years.

Quail Recipes

Barbecued Quail

- Begin by soaking your cleaned quail in a brine solution of ½ c. salt to 1 gal. water to which 1 cup of cider vinegar is added, for an hour or so, then rinse well.
- Using toothpicks, wrap and secure 1-2 pcs. of your favorite bacon to each bird.
- Marinate the baconed-birds for one hour to overnight in the fridge, in your favorite BBQ Sauce. (Or, instead, rub with your favorite rub just prior to grilling)
- Grill the little guys on a medium flame until the bacon is done. Cooked bacon means cooked birds. Enjoy!

Crock-Pot Quail

- Begin by soaking your cleaned quail in a brine solution of ½ c. salt to 1 gal. water to which 1 cup of cider vinegar is added, for an hour or so, then rinse well.
- Place the birds in a crock-pot covered with cream-of-mushroom soup and cook, covered, for several hours until ridiculously tender.
- Serve over cooked wild or brown rice. Yum.

Southern Fried Quail

- Soak birds in a brine solution and rinse well.
- Bread the birds in seasoned flour, as you would fried chicken.
- Fry in a medium-hot skillet in your favorite oil (we recommend peanut) until cooked through.
- Drain on paper towels and serve with mashed potatoes. Make a little gravy with some of the pan drippings if that's your fancy.

Pecan-Crusted, Wine-Braised Quail

- Begin by soaking your cleaned quail in a brine solution of ½ c. salt to 1 gal. water to which 1 cup of cider vinegar is added, for an hour or so; rinse well.
- Hand-chop or food process ½ c. pecans per bird, and screen or separate the "dust" from the bigger chunks.
- With the pecan dust, bread the quail, and sauté in butter until browned on the outside (not cooked completely). Reserve what remains in the pan for later.
- Stuff the cavity of the birds with a mixture of the remaining larger pieces of pecans, a very small amount of finely chopped shallot (or onion), some chopped white raisins, and a little butter.
- Place the birds in a buttered casserole dish and add a few cups of your favorite white wine.
- Cover with foil, cut a few slits in the foil, and bake at 300° for about an hour or until a meat thermometer reads an internal temperature of 165°.
- While the quail are baking, reheat the pan and contents that remain from sautéing the birds. Add about a tablespoon of super finely chopped shallots and sweat them for a few minutes. Then, sprinkle in a heaping tablespoon of flour while stirring with a whisk. After the flour has cooked for a minute or two, add a cup of cream and a cup or so of milk. Stir until the whole mixture comes to a boil, then reduce the heat to almost nothing, all the while stirring. Congratulations, you just made classic Béchamel sauce! Season with salt and white pepper.
- Serve the cooked birds over steamed asparagus, drizzled with Béchamel. Bon appétit!
- Note: This dish is particularly appropriate because both quail and pecans have been a southern favorite for generations.