

Quail with Orange, Cumin, and Brown Sugar Glaze

Ingredients

- 8 Quail (butterflied)
- 2 T Olive Oil
- 2 T Orange Juice
- 2 T Brown Sugar
- 4 clv Garlic (peeled and crushed)
- 1 T Cumin
- 1 t Salt

Instructions

1. Add olive oil, orange juice, brown sugar, crushed garlic, cumin and salt to a small bowl and mix well with a small whisk to combine. Place the butterflied quails into a large dish and pour the marinade over them. Massage the marinade into the quail. Cover and pop them into the refrigerator for a few hours.
2. Preheat the oven to 500°F. Line an oven tray with baking paper. Take quail out of the fridge and leave on the counter for 15 minutes to come to room temperature before cooking.
3. Place the quail onto the oven tray so they are all flat and skin side down. Reserve the leftover marinade that is left. Season the quail very lightly with salt. Turn them over and season the skin side very lightly again.

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4. Place the tray into the preheated oven and cook for 10 minutes. Meanwhile, add leftover marinade to a small pot and let it come to a boil for a couple minutes. Take quail out of the oven and using a basting brush, baste the skin with the remainder of the marinade.

5. When you put the tray back into the oven, rotate the tray so the quail can cook evenly. Cook for a further 5-10 minutes until the skin is nicely colored and the quail is cooked but still slightly pink. Watch the quail closely so it doesn't burn.

6. Rest the quail for 5 minutes before serving. Serve the quail hot or warm and with reserved glaze on the side.