



Quail

How To Cook Quail

Prep Time: 5 minutes

Cook Time: 75 minutes

Total time: 1 hour 20 minutes

Instructions

1. Thaw in the fridge overnight before cooking.
2. Preheat oven to 375 degrees.
3. Place the meat in the pan uncovered.
4. Bake uncovered for approx. 1 hour 15 minutes.