

Fried Quail (jb, 9-21-2015)



Ingredients

Dry ingredients:

- 1 Tbs kosher salt
- 1 Tbs black pepper
- 1 Tbs onion powder
- 1 Tbs garlic powder
- 1 Tbs paprika
- 1 ts cayenne pepper
- 2 cups white flour
- 2 cups yellow ground masa

1 quart buttermilk (or less)

1 quart canola oil (or less)

Table salt

6-8 quail (quartered: legs quartered, split breasts in half, remove backbone)

Directions

Using a non-reactive container, place the quail in the container and cover with buttermilk. Let rest a minimum of 4hrs. Overnight is ok.

Mix together all the dry ingredients.

Place the oil into a pot which will be used to fry the quail. The oil should be deep enough that the quail are submerged during frying. Heat the oil to 350 - 375degrees.

While the oil is heating, remove the quail from the buttermilk. Shake off excess buttermilk, but do not pat dry.

Place the quail into the dry ingredients and generously coat the birds with the flour mixture.

When the oil reaches 350 - 375, place the birds into the oil. Don't over crowd since too many birds will drop the oil temp.

Fry the birds for 4-5 minutes. The birds should begin to float when done.

Remove the birds from the oil, place on paper towels and apply salt if desired.

Note: my birds were skinless and my first attempt at this I used whole birds. After cooking, the fried flour was flaky, and the birds were a little difficult to eat. I think quartering the birds should remedy this problem. They did maintain a good moisture content.