

Quail



Table Of Contents

Deep Fried Quails with Spicy Salt.....3

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Ingredients

- 1 Tbs Salt
- 2 tsp Ground Sichuan Peppercorns
- 1 tsp Five Spice Powder
- 4 Quails
- 1 tsp Sugar
- 1 Tbs Light Soy Sauce
- 1 Tbs Shaoxing Rice Wine
- 2 - 3 Tbs All Purpose Flour
- Peanut Oil, for deep frying
- 1 Spring Onion, chopped
- 1 Red Chilli, chopped



Procedure

- 1 To make Spicy Salt and Pepper, combine the salt, Sichuan peppercorns and five spice powder and dry fry over low heat, stirring constantly for 2-3 minutes.
- 2 Split each quail in half down the middle and clean well. Marinate with the spicy salt and pepper, the sugar, soy sauce and rice wine for 2-3 hours in the fridge, turning frequently.
- 3 Coat each quail piece in the flour.
- 4 Fill a wok one-quarter full of oil. Heat the oil to 375 degrees.
- 5 Reduce the heat and fry the quail for 2-3 minutes on each side. Remove from the wok and drain on paper towels.
- 6 Turn the heat off under the wok.
- 7 Soak the spring onion and chili in the hot oil for 2 minutes.
- 8 Remove with wire sieve or slotted spoon and drain, then sprinkle over the quail pieces.

Recipe Tips

- Can be fried in deep fryer or deep skillet, instead of a wok.
- Can also be made using chicken wings.