

# Chef from the Hood Recipes

**Chef:**

David Conner, Executive Chef

**Restaurant:**

Pacific Market

**Recipe:**

Baja style Grilled Quail with Bacon, Onions & Pico de Gallo!

Many people have not tried quail because they worry that it might have a gamey taste. We disagree, and hope you'll taste it yourself then decide. Quail is slightly richer than say chicken, and it takes well to a marinade like the one we are featuring this week. Quail is great grilled, broiled or stuffed. This recipe serves 4 as a main course.

**Ingredients:**

- 8 whole quail, semi boneless
- Marinade made of:
  - Juice of 2 oranges (organic preferred)
  - 1/2 cup red wine vinegar (Barrengo)
  - 1/2 cup ex-virgin olive oil (DaVero)
  - 1 tablespoon molasses (Plantation) OR dark brown sugar (Hain)
  - 2 cloves garlic, minced
  - 1/2 teaspoon ground coriander
  - Dash hot sauce (caution!! Dave's Insanity)
- 8 slices of bacon (Niman Ranch)
- 1 large onion, sliced thick
- Corn tortillas, warmed (La Tortilla Fact.)
- Pico de Gallo salsa (Pacific Market made)
- Sliced avocados & lime wedges

**Preparation:**

Place quail in a shallow non-reactive dish or large zip-lock bag. Combine marinade ingredients in a small bowl and pour mixture over quail. Marinate quail in refrigerator for at least 4 hours or up to 12 hours (turn from time to time). About 30 minutes before cooking, drain the marinade from the quail into a small saucepan and boil it for a couple of minutes. Set marinade aside and keep warm. Wrap each quail with a strip of bacon secured with a toothpick, making sure bacon covers the breast. Cook quail and onion slices side by side for about 12 minutes on grill or under your broiler. Turn frequently and baste all with reserved marinade. Quail looks a little pinker than chicken when it's done cooking, so be careful not to overcook! Transfer quail and onions to a platter and serve hot, with pan sauces over all.

Each person can pick off the meat and wrap in tortillas with bacon, salsa and avocados to taste! Open some cold beer and enjoy a fun, casual meal you can eat with your fingers!