

Fried Quail

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-quail-recipe>

Ingredients:

- 8 quail semi-boneless
- 2 cups buttermilk
- 2 tablespoons Vidalia onion or other sweet onion, minced
- 1 tablespoon Tabasco Sauce
- 1 teaspoon fresh thyme minced
- 1 teaspoon fresh oregano minced
- 1 teaspoon minced fresh garlic
- 1 teaspoon ground cayenne
- 1 teaspoon paprika smoked hot
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 egg
- 1 teaspoon minced garlic
- 1 teaspoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 3/4 cup safflower oil
- 1/4 cup green onion chopped
- 2 tablespoons chopped fresh cilantro
- 1/2 cup Cotija cheese crumbled
- 2 cups all purpose flour organic
- 2 teaspoons sea salt
- 2 teaspoons freshly ground black pepper
- peanut oil for frying

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 170 milligrams

4. Fat: 59 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 10 grams
8. Sodium: 2240 milligrams
9. Sugar: 5 grams

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