



CULINARY

Grilled Blueberry-Glazed Quail

SERVES 4-6



INGREDIENTS

- 1 oz Blueberry Real
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- 8 ea semi boneless quail

For marinade:

- 1 Tablespoon chipotle
- Juice of 1 lemon
- 1 Tablespoon olive oil
- 1 Tablespoon Blueberry Real
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 2 sprigs rosemary

For blueberry glaze:

- 1 Tablespoon Blueberry Real
- 1 pint fresh blueberries
- 2 shallots, sliced
- ½ cup apple cider vinegar
- Juice of 1 lemon
- Grated zest of 1 lemon
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

GARNISH

DIRECTIONS

Combine the marinade ingredients in a large bowl or container. Add quail, cover, and place in the refrigerator to marinate quail overnight.

For the glaze, simmer all ingredients together for 5 minutes. Strain and keep warm.

Remove quail from the marinade and brush each with blueberry glaze.

Cook on wood or charcoal grill for about 3 minutes on each side, until cooked through. Brush with more blueberry glaze while cooking.

Serve over basmati rice with green onions and almonds, or over salad greens with more glaze, toasted almonds, and red onions.