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Crock Pot Quail Recipe

Ingredients

- 8 Quail [cut up]
- 1 c Flour
- 1/2 c Peanut oil
- 2 cn Cream of chicken soup
- 2 cn Cream of celery soup
- 2 cn Chicken broth
- 1/2 c White wine [dry]
- 2 White onions [thinly sliced]
- 2 Bay leaves
- 1/3 c Parmesan cheese

Instructions

1. Rinse the birds and pat dry inside and out, season with salt and pepper to taste and coat with flour. Brown in hot peanut oil in a skillet.
2. Combine the quail with the soups, broth, wine, onions, and bay leaves in a crock pot and cook on high for 4 hours and then reduce heat to low for 7 to 8 hours or `til birds are tender.
3. Remove bay leaves add the cheese and cook for 30 min more... Serve over rice or noodles.

*Source: "Bill Saiff's Rod & Reel Recipes for Hookin' & Cookin'"
cookbook re-typed with permission for you by Fred Goslin in Watertown
NY on Cyberealm Bbs. home of KookNet at (315) 786-1120*

Courtesy of Meal-Master (tm) v8.05

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