



ROAST QUAILS



Tested on model:
CDT-111E



Weight before cooking:
5.150 g
Weight after cooking:
4.600 g



Servings:
16 pz



Recommended tray or
grill:
3 stainless steel t.
GN 1/1 20 mm



Total time:
35'

PHASE									
1		0%	180°	8'	---	---	H	YES	C
2		40%	160°	20'	---	---	L	YES	C
3		0%	185°	7'	---	---	H	YES	C
4									
5									
6									

INGREDIENTS

Fresh quails: 5.000 g
Minced garlic: 20 g
Rosemary: 40 g
Thyme: 20 g
Fine salt: 30 g
Black pepper: 5 g
Extra virgin olive oil: 220 g

PREPARATION

Remove feathers and wings extremities from the quails, then wash them under fresh running water.

Once the quails have dried, season with a mixture of minced aromatic herbs, garlic, salt and pepper, then pour them with olive oil.

Place the quails on the trays.

Preheat the oven.

Put the trays in the oven at the end of preheating phase, then cook following the parameters.

Serve with roast potatoes and vegetables with butter.