

# QUAIL IN PROSCIUTTO

by Alan Husband of Limelight

2011 Winner : Entrée Course

## Ingredients (serves 6)

Allow at least one quail per person (can be purchased as a tray of 6 at most specialty butchers)

1 sachet of pre-cooked seasoned rice (eg. Uncle Ben's Microwaveable Special Fried Rice)

6 slices prosciutto



## Method

Stuff each quail with seasoned rice then sprinkle with seasoning of choice (we just use Gravox instant gravy powder), followed by a light spray of olive oil

Wrap each bird in a slice of prosciutto and fix in place with a toothpick

Use a second toothpick to fix the legs in a folded position

Place in oven at 180° C, or wrap in alfoil and place on BBQ, for about 20-30 minutes.

Best eaten with two hands (forget the cutlery) - also excellent the next day straight from the refrigerator with a cold beer or two