

# bent street kitchen

## TETSUYA'S FIVE-SPICE QUAIL

### *Ingredients:*

400 g butterflied quail, separating the legs from the breast section, creating 4 pieces per quail  
1/2 t finely chopped garlic  
sea salt and ground white pepper  
2 pinches caster sugar  
2-3 pinches five spice powder  
1 drop sesame oil  
1 drop light soy sauce  
1/2 t mirin  
200 ml grapeseed oil for frying  
julienned ginger and shallots (scallions) for garnishing

### *Method:*

Have all your ingredients ready by your wok.

Heat oil in wok over medium high heat. If you put in a wooden chopstick or spatula and the oil bubbles around it then the oil is ready. Add half of the quail and garlic and cook for 3-4 minutes on each side until tender and cooked through. Drain on kitchen paper. Remove any remaining garlic from the oil. Repeat process for remaining quail and garlic. Discard oil.

Return quail to the wok and dry toss with salt and pepper to taste. Add sugar, five-spice powder, sesame oil, soy sauce and mirin to taste. Toss well making sure all the flavours are well combined. Transfer to a serving plate and garnish with ginger and shallots.

Serves 4.

Adapted from *Tetsuya* by Tetsuya Wakuda.