DIRECT · MEDIUM

Honey-Rosemary Glazed Grilled Quail

Quail spatchcocked and seared over direct heat in the kamado, lacquered with honey, soy and rosemary: crisp skin, juicy meat and a taste of small game ready in minutes.



PREP	COOK	SERVINGS	TEMPERATURE
25 min	15 min	4	250 °C

Ingredients

- **8 ud** whole quail, spatchcocked
- **2 cda** soy sauce
- **2 ud** sprigs of fresh rosemary
- **1 ud** lemon (juice and zest)
- **3 cda** honey (rosemary or wildflower)
- **3 cda** extra virgin olive oil
- **2 ud** garlic cloves, sliced
- **1 pizca** flaky salt and freshly ground black pepper

Method

1 SPATCHCOCK AND MARINATE

With kitchen shears, cut down both sides of each quail's backbone, remove it and flatten the bird by pressing on the breast. Pat dry and rub with the oil, garlic, lemon zest, salt and pepper. Marinate 20-30 minutes at room temperature while you light the kamado.

2 MAKE THE GLAZE

In a small pan warm the honey with the soy, lemon juice and the chopped leaves of one rosemary sprig. Bring to a gentle simmer for 1-2 minutes until slightly syrupy, then set aside. It should be pourable but with body, ready to brush.

3 FIRE UP THE KAMADO

Set up the kamado for direct cooking, no deflector, and stabilize the dome between 240 and 260 °C. Fit the cast-iron grate and let it heat for a few minutes until properly hot; oil it lightly just before grilling.

4 GRILL SKIN-SIDE DOWN

Lay the flattened quail skin-side down and grill 4-5 minutes, until the skin is marked and the fat renders. If fat triggers a flare-up, slide the bird to a cooler spot for a few seconds. Flip them once the skin is golden and crisp.

5 FLIP AND GLAZE

Flip them and brush the glaze over the skin. Repeat every 30-40 seconds in thin coats over the last 2-3 minutes, letting each layer caramelize before the next. Pull them when the breast reads 74 °C or the juices run clear; 12-15 minutes total.

6 REST AND SERVE

Rest the quail 3-4 minutes on a warm board so the juices settle. Brush a final coat of glaze, scatter a few fresh rosemary leaves and flaky salt, and serve with lemon wedges. Best eaten with your hands.

Editor's tips

- Honey sugar scorches fast: glaze only at the end and, if it darkens too much, move the bird to a cooler spot for a few seconds.
- Pat the skin very dry before grilling and rub with a thread of oil: moisture is the enemy of crisp skin.
- These are tiny birds that overcook in a flash. Use an instant-read thermometer, not touch, and pull them when the breast reads 74 °C, the safety minimum for poultry: on birds this small, carryover heat adds very little.

Gear for this recipe

Big Green Egg Large

The Big Green Egg Large is the heart of this recipe: its ceramic holds a steady direct heat of 240-260 °C, exactly what quail needs to crisp the skin and cook fast without drying out. The closed dome radiates heat from above while the coals mark from below, and its fine air control lets you tame the fat flare-ups a small, juicy bird produces. The Large size grills all eight spatchcocked quail in a single batch.

mikamado.es/en/kamados/big-green-egg-large

Carboext 100% Holm Oak Lump Charcoal, 15 kg Sack

mikamado.es/en/accesorios/carboext-encina-15kg

Big Green Egg Cast Iron Cooking Grid Large (35 cm)

The Large's cast-iron cooking grid stores and returns intense heat that is perfect for this direct cook: it sears the quail skin instantly and lays down the deep grill marks thin steel can't manage. Once thoroughly hot it reduces the risk of the bird sticking, which is critical when you flip and glaze it with sticky honey. Heat it for a few minutes and oil it right before laying the quail down.

mikamado.es/en/accesorios/bge-cast-iron-cooking-grid-large

Weber Silicone Barbecue Basting Brush 40 cm

The honey, soy and rosemary glaze goes on in thin coats over the final minutes, and a silicone brush like this 40 cm long-handled Weber is the exact tool: the bristles spread an even lacquer without dragging it, withstand the heat without singeing and keep your hand away from the direct coals. Being silicone, it rinses clean of sticky honey residue instantly, something natural-bristle brushes hate.

mikamado.es/en/accesorios/weber-brocha-silicona-40

Lavatools Javelin PRO Duo instant-read thermometer

mikamado.es/en/accesorios/lavatools-javelin-pro-duo

Full recipe at: mikamado.es/en/recetas/codornices-brasa-miel-kamado

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