

Recipes from the Meat Department



Grilled Squab

Makes 4 servings

4 squab, about 1lb each, washed, dried and trimmed of fat

¼ cup Light Soy Sauce

2 tbl Minced Shallots

2 Cloves Garlic, Minced

2 teas Sugar

2 teas Olive Oil

1 teas Toasted Sesame Oil

½ teas Freshly Ground Black Pepper

Slightly sweet, slightly salty, this Asian marinade caramelizes on the grill. Two Cornish game hens may be substituted for squab. Grill the split hens for 7 to 8 minutes per side. Place each squab on its back on the cutting board. With a sharp knife or poultry shears, split the bird in half through the breastbone. Cut out the backbone. In a shallow, non-aluminum dish, mix remaining ingredients. Add the squab, turn to coat evenly, cover and marinate in the refrigerator for two hours or over night. Drain the squab and reserve the marinade. Prepare a charcoal or gas grill and grill the squab for about 6 minutes. Baste once with reserved marinade; discard the marinade. Turn and cook for about 6 minutes longer, or until the juices run clear when pierced with a fork.