

Grilled Pigeons

Haman Meshwi

INGREDIENTS:

Servings: 2 people

Pigeons or quails	4
Lemon juice	60 ml
Sliced, small onion	1
Salt and freshly ground pepper	to taste
Sumac (optional)	1 tsp
Olive oil or melted butter	for grilling

Servings: 4 people

Pigeons or quails	8
Lemon juice	120 ml
Medium, sliced onion	1
Salt and freshly ground pepper	to taste
Sumac (optional)	1 tsp
Olive oil or melted butter	for grilling

Servings: 6 people

Pigeons or quails	12
Lemon juice	180 ml
Large, sliced onion	1
Salt and freshly ground pepper	to taste
Sumac (optional)	1 tsp
Olive oil or melted butter	for grilling

Servings: 8 people

Pigeons or quails	16
Lemon juice	240 ml
Sliced onions	2
Salt and freshly ground pepper	to taste
Sumac (optional)	2 tsp
Olive oil or melted butter	for grilling

Servings: 10 people

Pigeons or quails	20
Lemon juice	300 ml
Medium, sliced onions	3
Salt and freshly ground pepper	to taste
Sumac (optional)	2 tsp
Olive oil or melted butter	for grilling

Servings: 12 people

Pigeons or quails	24
Lemon juice	360 ml
Large, sliced onions	3
Salt and freshly ground pepper	to taste
Sumac (optional)	1 tbs
Olive oil or melted butter	for grilling

TOOLS:

Chef's knife
Cutting board
Bowl
Pepper mill
Wooden spoon
Barbecue grill
Pastry brush

INFO:

One of the most luxurious and popular of all Egyptian dishes, grilled pigeons are served at nearly all celebratory occasions, but especially to celebrate engagements. Although pigeons and quails may just as easily make their way into a stew, the most popular ways of preparing these delicious birds is to grill them over hot charcoals.

TIME:

prep time : 00:20

cook time : 00:10

PREPARATION:

Cut the pigeons in half along the middle of the breast bone then crush them with your hand. If desired, fillet the breast. Combine the lemon juice, onions and spices. Mix well. Marinate the pigeons in the lemon juice mixture for 1 hour.

Heat the grill. Remove the pigeons from the marinade and pat dry. Brush with olive oil or melted butter. Grill on a charcoal grill or place the pigeons under a broiler for 8-10 minutes. Serve hot.