



## Brick Cornish Hens

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 2 teaspoons peppercorns black
- 3 pounds cornish game hens organic
- 5 cloves garlic smashed
- 6 cloves garlic unpeeled smashed ()
- 4 servings kosher salt
- 1 optional: lemon halved
- 2 tablespoons olive oil extra-virgin

- 6 sprigs parsley
- 4 servings romesco and chimichurri sauces for serving (see right)
- 6 sprigs tarragon
- 4 sprigs thyme leaves
- 2 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- baking sheet
- whisk
- pot
- blender
- baking pan
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Make the brine: Bring 1 1/2 gallons water and 1/3 cup salt to a boil in a large pot, whisking until the salt dissolves.
- Remove from the heat.
- Add the lemon halves, tarragon, parsley, garlic, bay leaves and peppercorns; let cool completely.
- Place the hens breast-side down on a cutting board. Use kitchen shears to cut along either side of the backbone to remove. Turn the hens breast-side up and open so the drumsticks point out; press the breastbone firmly to flatten. Submerge the hens in the brine and refrigerate at least 6 hours and up to 12 hours.
- Remove the hens from the brine and rinse well; pat dry.

- Place breast-side up in a baking dish and refrigerate, uncovered, to dry out the skin, at least 30 minutes.
- Sprinkle the hens with salt. Wrap 2 bricks with foil.
- Heat 1 tablespoon each olive oil and butter in each of 2 large nonstick or cast-iron skillets over medium-high heat.
- Add 1 hen, skin-side down, to each skillet and scatter the thyme and garlic around it. Top each hen with a foil-wrapped brick and sear until beginning to brown, about 20 minutes, rotating the pans as needed for even cooking.
- Remove the bricks and carefully flip the hens (do not replace the bricks); continue cooking until a thermometer inserted into the thickest part of the thigh registers 165 degrees F, 20 to 25 more minutes.
- Cut each hen in half and serve with the romesco and chimichurri sauces.
- Romesco Sauce
- Toss 1/2 pound plum tomatoes and 4 garlic cloves (unpeeled) with 2 tablespoons olive oil and 1/4 teaspoon kosher salt; spread on a baking sheet. Roast at 350 degrees F until soft, 20 minutes; let cool, then squeeze out the garlic.
- Combine the tomatoes, garlic, 3/4 cup chopped roasted red peppers, 1/4 cup sherry vinegar, 1 tablespoon honey, 1/2 teaspoon kosher salt and a pinch of red pepper flakes in a blender; blend until smooth.
- Transfer to a bowl; stir in 1/2 cup chopped toasted almonds.
- Slowly drizzle in 1/3 cup olive oil, whisking.
- Basil Chimichurri
- Put 6 garlic cloves (unpeeled) on a sheet of foil; drizzle with olive oil and seal into a packet. Roast at 350 degrees F until soft, about 20 minutes; let cool. Squeeze out the garlic cloves and mash into a paste.
- Combine 1 bunch basil (cut into thin ribbons), 1 bunch finely chopped parsley, 1/4 bunch finely chopped oregano, 1/3 cup sherry vinegar, 2 finely chopped shallots, 1/2 teaspoon kosher salt, and pepper to taste.
- Slowly drizzle in 1/3 cup olive oil, whisking.
- Photograph by Jason Varney

## Nutrition Facts



■ PROTEIN 27.71% ■ FAT 67.87% ■ CARBS 4.42%

## Properties

Glycemic Index:66.13, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:28.532608371714%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 886.71kcal (44.34%), Fat: 66.37g (102.1%), Saturated Fat: 18.87g (117.93%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 7.59g (2.76%), Sugar: 1.27g (1.41%), Cholesterol: 359.85mg (119.95%), Sodium: 547.65mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.96g (121.92%), Vitamin B3: 19.73mg (98.63%), Vitamin B6: 1.21mg (60.6%), Selenium: 41.74µg (59.62%), Phosphorus: 509.75mg (50.97%), Vitamin K: 41.21µg (39.25%), Vitamin B2: 0.65mg (37.98%), Manganese: 0.74mg (37.23%), Potassium: 1009.49mg (28.84%), Vitamin C: 23.7mg (28.73%), Zinc: 4.21mg (28.07%), Iron: 4.56mg (25.31%), Vitamin A: 1166.42IU (23.33%), Vitamin B5: 2.22mg (22.21%), Magnesium: 82.18mg (20.55%), Vitamin B1: 0.29mg (19.18%), Vitamin B12: 1.13µg (18.91%), Vitamin E: 2.2mg (14.69%), Calcium: 135.85mg (13.58%), Copper: 0.26mg (13.01%), Fiber: 2.15g (8.6%), Folate: 25.05µg (6.26%)