



Cornish Game Hen with Whisky and Cream Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large cornish game hens
- 2 tablespoons butter
- 4 servings olive oil
- 4 servings salt and pepper
- 4 servings herbs like: thym
- 4 servings herbs like: thym
- 2 tablespoons butter unsalted

- 2 medium shallots finely sliced
- 1 teaspoon worcestershire sauce
- 1 tablespoon dijon mustard
- 0.5 cup cup heavy whipping cream
- 2 teaspoons juice of lemon fresh
- 0.3 irish whiskey

Equipment

- frying pan
- oven
- knife
- baking pan
- wooden spoon
- aluminum foil
- stove
- cutting board

Directions

- Preheat the oven at 450 and position the rack in the middle of the oven.
- Place a hen, breast side down on a cutting board.
- Remove the backbone by cutting along both sides with shears or large sharp knife. Flip the hen and flatten it by pressing down on the breastbone with your palm. Split the hen in two along the breastbone. Repeat with the remaining hen.
- Place on a heavy baking dish and spread on each half, of a teaspoon of butter, Herbs de Province, salt and pepper and a drop of olive oil.
- Place in the hot oven and cook for 30 to 45 minutes. Poke the hen while cooking to release any juices.
- When done, remove from the oven, place the hen in a dish and cover with aluminum foil and let rest.

- Place the unwashed cooking pan over the stove and add the remaining 2 tablespoon of butter and let it melt. Lower the heat and add the whisky, very slowly. With a wooden spoon scrape up any bit on the pan.
- Add the shallots and cook until tender, 1 minutes.
- Add the Worcestershire sauce, mustard and raise the heat to medium high. Bring to a boil stirring constantly.
- Add the heavy cream and the lemon juice. Taste the sauce and season with salt and pepper.
- Serve hot over the Cornish hen.

Nutrition Facts

PROTEIN 20.44% **FAT 77.67%** **CARBS 1.89%**

Properties

Glycemic Index:66.75, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:18.317391304348%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 789.36kcal (39.47%), Fat: 67.81g (104.32%), Saturated Fat: 24.74g (154.59%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.09g (1.12%), Sugar: 2.14g (2.38%), Cholesterol: 290.97mg (96.99%), Sodium: 447.57mg (19.46%), Protein: 40.16g (80.32%), Vitamin B3: 12.89mg (64.44%), Selenium: 29.03µg (41.47%), Vitamin B6: 0.73mg (36.38%), Phosphorus: 350.51mg (35.05%), Vitamin K: 32.53µg (30.98%), Vitamin B2: 0.45mg (26.68%), Vitamin A: 1245.68IU (24.91%), Vitamin E: 3.3mg (22%), Zinc: 2.78mg (18.55%), Potassium: 636.55mg (18.19%), Vitamin B5: 1.52mg (15.21%), Vitamin B12: 0.81µg (13.56%), Iron: 2.29mg (12.7%), Vitamin B1: 0.19mg (12.57%), Magnesium: 50.2mg (12.55%), Copper: 0.15mg (7.37%), Manganese: 0.14mg (6.77%), Calcium: 63.83mg (6.38%), Vitamin C: 4.2mg (5.09%), Folate: 16.21µg (4.05%), Vitamin D: 0.58µg (3.87%), Fiber: 0.63g (2.53%)