



Cornish Hen Salad with Scotch Bonnet Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



908 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 medium carrots
- ☐ 3 pounds cornish game hens
- ☐ 0.1 teaspoon ground allspice
- ☐ 2 tablespoons olive oil pure
- ☐ 2.5 ounce radish sprouts
- ☐ 8 medium radishes red halved sliced
- ☐ 0.5 cup roasted salted halved lengthwise

- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons scotch bonnet sauce (see Note)
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons citrus champagne vinegar

Equipment

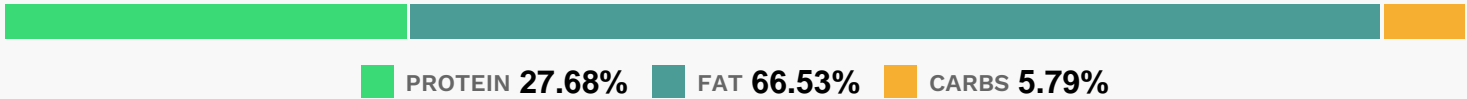
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Put the hens and carrots in a roasting pan, rub them with the olive oil and season with salt and pepper. Roast in the upper third of the oven for 1 hour, then transfer the carrots to a plate to cool. Continue roasting the hens for about 15 minutes longer, or until the cavity juices run clear.
- ☐ Transfer the hens to a platter and let cool to room temperature.
- ☐ Meanwhile, pour the hot pan juices into a measuring cup and skim the fat. Strain the juices into a small saucepan and simmer over moderate heat until reduced to 2 tablespoons, about 4 minutes.
- ☐ Pour the reduction back into the measuring cup and let cool to room temperature. Stir in the hot sauce, vegetable oil, vinegar and allspice and season this vinaigrette with salt and pepper.
- ☐ Remove the meat from the hens and pull it apart into thick shreds.
- ☐ Cut the carrots into 2-by-1/3-inch sticks. In a large bowl, toss the cornish hen meat with the carrots, radishes, sprouts, cashews and the vinaigrette. Mound the salad on plates and serve.
- ☐ Make Ahead: The recipe can be prepared up to 1 day ahead through Step 4. Refrigerate the hens and vinaigrette separately.

- ☐
- Wine Recommendation: The forward fruit of a dry to off-dry, low-alcohol Riesling will stand up to the spicy vinaigrette. Try either a soft Washington State or California bottling, such as the 2000 Chateau Ste. Michelle Cold Creek Vineyard or the Nonvintage Bonny Doon American Pacific Rim.
- ☐
- Notes: Use a thick Scotch bonnet sauce for more character. Some excellent brands are Ricky's Red Hot, Coyote Cocina Howlin' Hot Sauce and Matouk's Hot Calypso Sauce.

Nutrition Facts



Properties

Glycemic Index:34.71, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:33.44043464246%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 908.13kcal (45.41%), Fat: 66.67g (102.57%), Saturated Fat: 16.45g (102.81%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.29g (4.77%), Cholesterol: 343.6mg (114.53%), Sodium: 558.24mg (24.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.4g (124.81%), Vitamin A: 10698.63IU (213.97%), Vitamin B3: 20.76mg (103.82%), Vitamin B6: 1.23mg (61.27%), Phosphorus: 606.61mg (60.66%), Selenium: 42.4µg (60.57%), Vitamin B2: 0.68mg (39.75%), Zinc: 5.16mg (34.4%), Potassium: 1154.24mg (32.98%), Vitamin K: 33.76µg (32.16%), Magnesium: 123.57mg (30.89%), Copper: 0.61mg (30.49%), Vitamin C: 22.27mg (26.99%), Vitamin B5: 2.6mg (26.05%), Iron: 4.18mg (23.21%), Vitamin B1: 0.35mg (23.15%), Vitamin E: 2.85mg (19%), Vitamin B12: 1.12µg (18.71%), Manganese: 0.35mg (17.6%), Folate: 54.17µg (13.54%), Fiber: 2.47g (9.9%), Calcium: 78.08mg (7.81%)