



Fricassee of Game Hen with Creamy Leeks and Vadoum

 Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon peppercorns black
- ☐ 1 medium carrots finely chopped
- ☐ 1 rib celery stalks finely chopped
- ☐ 3 cornish game hens with kitchen shears quartered
- ☐ 0.5 cup wine dry white
- ☐ 2 garlic clove crushed
- ☐ 0.7 cup cup heavy whipping cream

- ☐ 3 pounds the salad for stock
- ☐ 3 large thyme sprigs
- ☐ 1 bay leaves
- ☐ 2 tablespoons vegetable oil
- ☐ 6 cups water cold
- ☐ 0.3 cup frangelico
- ☐ 0.3 cup frangelico

Equipment

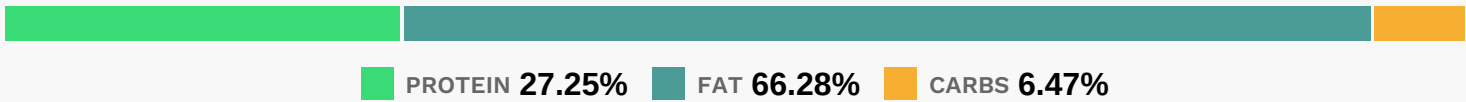
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat oil in a heavy medium pot over medium-high heat until it shimmers. Cook backbones and wing tips until well browned on all sides.
- ☐ Add water and bring to a boil, skimming froth occasionally.
- ☐ Add remaining ingredients and boil, uncovered, 30 minutes. Strain through a fine-mesh sieve into a clean saucepan, pressing on and then discarding solids. Boil stock until reduced to about 2 cups.
- ☐ Pat hens dry and season with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat oil in a deep 12-inch heavy skillet over medium-high heat until it shimmers. Brown hens in batches (without crowding), turning once, about 8 minutes per batch.
- ☐ Transfer to a plate.
- ☐ Halve white and pale green parts of leeks lengthwise, then cut into 1-inch pieces and wash.
- ☐ Pour off all but 1 tablespoon fat from skillet, then cook leeks with 1 1/2 teaspoons salt and 1/4 teaspoon pepper over medium-high heat, stirring occasionally and scraping up brown bits, until leeks begin to soften, about 5 minutes.

- ☐
- Add wine and bring to a boil. Stir in stock, cream, and vadouvan. Nestle hens, skin sides up, into leeks. Cover with a round of parchment paper. Gently simmer 10 minutes.
- ☐
- Remove parchment and simmer until hens are cooked through, about 10 minutes more.
- ☐
- Transfer hens to a platter and simmer sauce to thicken slightly if desired.
- ☐
- Fricassee can be made 1 day ahead and chilled. Reheat gently.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:27.383478346078%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 639.14kcal (31.96%), Fat: 45.83g (70.5%), Saturated Fat: 15.56g (97.23%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.67g (3.52%), Sugar: 1.46g (1.62%), Cholesterol: 257.13mg (85.71%), Sodium: 223.57mg (9.72%), Alcohol: 2.06g (100%), Alcohol %: 0.35% (100%), Protein: 42.39g (84.77%), Vitamin A: 4932.71IU (98.65%), Vitamin B3: 14.17mg (70.86%), Vitamin C: 55.63mg (67.43%), Vitamin B6: 0.89mg (44.66%), Phosphorus: 428.21mg (42.82%), Selenium: 28.43µg (40.61%), Vitamin B2: 0.56mg (32.84%), Potassium: 1001.74mg (28.62%), Folate: 94.21µg (23.55%), Manganese: 0.45mg (22.31%), Zinc: 3.22mg (21.48%), Iron: 3.42mg (18.98%), Magnesium: 74.13mg (18.53%), Vitamin B5: 1.76mg (17.56%), Vitamin B1: 0.25mg (16.51%), Vitamin K: 16.22µg (15.45%), Copper: 0.28mg (13.84%), Vitamin B12: 0.78µg (13.08%), Calcium: 88.39mg (8.84%), Vitamin E: 1.31mg (8.76%), Vitamin D: 0.42µg (2.82%), Fiber: 0.41g (1.62%)