



Garam Masala Rubbed Cornish Hen with Maple-Tamarind Glaze

 Dairy Free or type unknown

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

1242 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup chicken stock see homemade
- ☐ 4 cornish game hens dry washed and patted
- ☐ 1 tablespoon ginger fresh minced grated
- ☐ 6 tablespoons garam masala
- ☐ 1 cup maple syrup pure

- ☐ 0.3 teaspoon chili flakes red
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 shallots finely chopped
- ☐ 1 tablespoon tamarind paste

Equipment

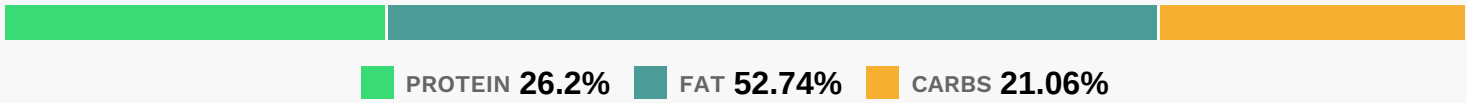
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Season entire hen with salt, including the cavity. Push the wings back and rub the garam masala over the entire hen.
- ☐ Place on a lightly oiled baking rack set over a baking sheet and bake for 15 minutes.
- ☐ Brush with some of the glaze and reduce the heat to 375 degrees F and continue baking until just cooked through, about 10 to 15 minutes longer or until a thermometer inserted into the thickest part of the leg registers 160 degrees F.
- ☐ Remove from the oven, brush with the remaining glaze, and let rest 5 minutes before serving. Alternatively, you can sear the hens in an oven-safe saute pan over medium-high heat and then transfer pan to the oven to finish cooking.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add shallots and ginger and cook until soft.
- ☐ Add red chili flakes and cook for 30 seconds. Stir in chicken stock and peppercorns and cook until reduced by half.

- ☐ Whisk in maple syrup and tamarind paste and cook for 15 minutes or until slightly thickened, stirring occasionally.
- ☐ Remove from the heat and let cool to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:52.63, Glycemic Load:21.99, Inflammation Score:-5, Nutrition Score:35.377391504205%

Nutrients (% of daily need)

Calories: 1242.15kcal (62.11%), Fat: 71.46g (109.93%), Saturated Fat: 18.15g (113.46%), Carbohydrates: 64.19g (21.4%), Net Carbohydrates: 61.85g (22.49%), Sugar: 51.29g (56.99%), Cholesterol: 455.4mg (151.8%), Sodium: 528.52mg (22.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.88g (159.76%), Vitamin B3: 26.22mg (131.1%), Vitamin B2: 1.83mg (107.37%), Manganese: 2.12mg (105.98%), Selenium: 54.06µg (77.23%), Vitamin B6: 1.4mg (70.02%), Phosphorus: 652.99mg (65.3%), Zinc: 5.86mg (39.07%), Potassium: 1367.18mg (39.06%), Vitamin B5: 2.8mg (28.04%), Vitamin B1: 0.42mg (27.92%), Magnesium: 108.41mg (27.1%), Vitamin B12: 1.49µg (24.75%), Iron: 4.07mg (22.63%), Vitamin K: 18.16µg (17.3%), Vitamin E: 2.57mg (17.12%), Calcium: 151.86mg (15.19%), Copper: 0.27mg (13.62%), Vitamin A: 532.23IU (10.64%), Fiber: 2.34g (9.34%), Folate: 20.24µg (5.06%), Vitamin C: 3.54mg (4.29%)