



Larrupin Cornish Hens with Orange-Brandy Glaze

READY IN



45 min.

SERVINGS



4

CALORIES



1573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black
- 0.5 cup brandy
- 0.8 cup firmly brown sugar packed
- 4 cornish game hens (1 lb. each)
- 1 tablespoon mustard dry
- 0.5 cup fat-skimmed chicken broth
- 2 tablespoons ginger fresh minced
- 2 tablespoons garlic minced

- 4.5 cups beer such as pale ale (three 12-oz. bottles)
- 0.3 cup blackstrap molasses
- 0.8 cup orange juice concentrate frozen (half of a 12-oz. container)
- 2 cups soya sauce
- 0.5 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Remove necks and giblets from hens; reserve for another use or discard. Rinse hens. In a large bowl, whisk beer, soy sauce, 1/2 cup brown sugar, molasses, garlic, ginger, dry mustard, and black pepper until well blended. Immerse hens in marinade; cover and chill at least 4 hours or up to 1 day, turning hens occasionally and submerging in liquid.
- Meanwhile, in a 2 1/2- to 3-quart pan, combine orange juice concentrate, remaining 1/4 cup brown sugar, and the brandy. Bring mixture to a boil over medium-high heat and stir until sugar is dissolved, 2 to 4 minutes. Use warm or cool.
- Lift hens from marinade (discard marinade) and set breast up in a 10- by 15-inch pan.
- Brush generously with orange-brandy glaze.
- Bake in a 400 regular or convection oven, brushing every 10 minutes with glaze, until hens are richly browned and meat at breast and thigh bones is no longer pink (cut to test), 30 to 40 minutes.
- Transfer hens to a platter or plates and let stand in a warm place.
- Meanwhile, skim and discard fat from pan juices.
- Add broth, cream, and remaining orange-brandy glaze to pan and stir often over medium-high heat, scraping up browned bits, until liquid is slightly thickened, 10 to 12 minutes.
- Pour into a small pitcher or bowl.
- Garnish hens with orange slices, if desired, and serve with pan juices.

Nutrition Facts

PROTEIN 26.26% FAT 47.13% CARBS 26.61%

Properties

Glycemic Index:47.88, Glycemic Load:12.21, Inflammation Score:-9, Nutrition Score:46.641304762467%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallicocatechin: 0.21mg, Gallicocatechin: 0.21mg, Gallicocatechin: 0.21mg

Nutrients (% of daily need)

Calories: 1573.41kcal (78.67%), Fat: 74.88g (115.2%), Saturated Fat: 24.46g (152.89%), Carbohydrates: 95.11g (31.7%), Net Carbohydrates: 92.9g (33.78%), Sugar: 74.67g (82.97%), Cholesterol: 488.12mg (162.71%), Sodium: 6914mg (300.61%), Alcohol: 20.37g (100%), Alcohol %: 2.47% (100%), Protein: 93.84g (187.69%), Vitamin B3: 32.64mg (163.2%), Vitamin B6: 2.06mg (102.97%), Vitamin C: 81.19mg (98.41%), Selenium: 65.9µg (94.15%), Phosphorus: 904.38mg (90.44%), Vitamin B2: 1.18mg (69.25%), Manganese: 1.36mg (68.21%), Potassium: 2177.71mg (62.22%), Magnesium: 230.56mg (57.64%), Iron: 8.26mg (45.91%), Zinc: 6.13mg (40.87%), Vitamin B1: 0.6mg (39.97%), Vitamin B5: 3.98mg (39.84%), Copper: 0.61mg (30.49%), Vitamin B12: 1.64µg (27.37%), Folate: 96.79µg (24.2%), Vitamin A: 1134.25IU (22.68%), Calcium: 220.84mg (22.08%), Vitamin K: 14.59µg (13.89%), Vitamin E: 1.97mg (13.13%), Fiber: 2.21g (8.83%), Vitamin D: 0.48µg (3.17%)