



Medieval Game Hen Pot Pie

READY IN



205 min.

SERVINGS



2

CALORIES



2020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces percent milk
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cornish game hen thawed
- ☐ 6 ounces fruit mixed dried such as prunes, apricots, mission figs, candied ginger
- ☐ 1 large egg yolk beaten
- ☐ 20 ounces flour all-purpose for kneading and rolling
- ☐ 5 sprigs thyme leaves fresh
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.5 cup honey
- ☐ 2.3 teaspoons kosher salt
- ☐ 3.5 ounces kosher salt
- ☐ 0.3 teaspoon paprika
- ☐ 1 quart water
- ☐ 1 tablespoon water
- ☐ 5 ounces water
- ☐ 7.5 ounces lard
- ☐ 7.5 ounces lard

Equipment

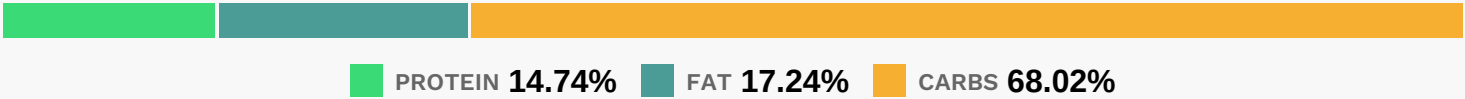
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ Put the hen in a 1 gallon re-sealable plastic bag with the water, honey, and salt. Seal the bag and move around vigorously for 1 to 2 minutes to distribute the honey and dissolve the salt. Set the bag in a leak-proof container and refrigerate for 1 hour.
- ☐ For the pastry: Preheat the oven to 350 degrees F.
- ☐ Whisk together the flour and salt in a small mixing bowl and set aside.

- ☐ Combine the milk, water, and lard in a 3-quart saucepan over medium-high heat and bring to a boil, approximately 3 minutes.
- ☐ Remove the pan from the heat, add the flour all at once, and stir with a wooden spoon until combined and the mixture begins to form into a ball of dough.
- ☐ Place the dough onto a floured work surface and knead until cooled, approximately 5 minutes. Divide the dough in half, and divide one of the pieces in half again. Set aside.
- ☐ Combine the egg and water in a small bowl. Set aside.
- ☐ Remove the hen from the brine and pat dry. Use kitchen shears to cut away the skin from the breast of the hen.
- ☐ Place the dried fruit into the cavity of the hen and tie the legs with butchers twine.
- ☐ Place the hen in the center of a piece of parchment and trace an oval approximately 1/2-inch larger than the hen, approximately 8 1/2 inches long by 6 1/2 inches wide.
- ☐ Remove the hen from the parchment and turn the paper over to avoid getting pencil on the dough.
- ☐ Roll the two quarters of dough into ovals according to the template; this is the base and the top of the pot pie.
- ☐ Place one of the ovals in the center of the parchment. Set the other oval aside.
- ☐ Roll the remaining half of dough into a 1/2-inch thick and 4-inch wide strip of dough that will go around the oval piece and surround the hen.
- ☐ Brush around the edge of the base pastry with egg wash.
- ☐ Place the thyme sprigs on the base, then top with the hen.
- ☐ Place the 4-inch wide strip of dough around the hen, forming a "wall" around the hen. Press the ends together. Press down to seal this to the base pastry.
- ☐ Sprinkle the hen with the allspice, black pepper, cumin, and paprika.
- ☐ Brush the top of the "wall" with egg wash.
- ☐ Place the remaining oval of pastry on top of the hen and crimp, attaching the top to the wall. Patch any holes with excess dough.
- ☐ Brush the entire pastry with egg wash.
- ☐ Bake until the hen reaches an internal temperature of 150 degrees F, about 1 hour and 15 minutes.
- ☐ Remove from the oven and rest 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:135.14, Glycemic Load:207.37, Inflammation Score:-10, Nutrition Score:52.990000082099%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg

Nutrients (% of daily need)

Calories: 2019.59kcal (100.98%), Fat: 38.92g (59.88%), Saturated Fat: 11.05g (69.05%), Carbohydrates: 345.42g (115.14%), Net Carbohydrates: 328.68g (119.52%), Sugar: 114.75g (127.5%), Cholesterol: 324.72mg (108.24%), Sodium: 22065.49mg (959.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.88g (149.77%), Selenium: 130.48µg (186.4%), Vitamin B1: 2.51mg (167.25%), Vitamin B3: 30.29mg (151.47%), Folate: 552.25µg (138.06%), Manganese: 2.64mg (131.82%), Vitamin B2: 2.08mg (122.19%), Iron: 18.12mg (100.67%), Phosphorus: 785.26mg (78.53%), Fiber: 16.74g (66.96%), Vitamin B6: 0.97mg (48.6%), Copper: 0.93mg (46.58%), Potassium: 1601.06mg (45.74%), Magnesium: 182.82mg (45.71%), Zinc: 6.04mg (40.27%), Vitamin B5: 3.57mg (35.65%), Calcium: 352.01mg (35.2%), Vitamin B12: 1.28µg (21.4%), Vitamin K: 20.34µg (19.37%), Vitamin A: 694.17IU (13.88%), Vitamin E: 1.43mg (9.54%), Vitamin C: 6.83mg (8.28%), Vitamin D: 0.46µg (3.06%)