



Poussin al Mattone

READY IN



35 min.

SERVINGS



1

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chicken stock see
- ☐ 0.5 teaspoon cumin freshly ground toasted
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 sprigs rosemary fresh finely chopped
- ☐ 2 cloves garlic smashed finely chopped
- ☐ 1 serving kosher salt
- ☐ 1 lemon zest juiced
- ☐ 1 serving olive oil extra-virgin
- ☐ 0.5 teaspoon pimentón

- ☐ 1 pinch pepper flakes red
- ☐ 1 poussin with butcher's twine backbone, ribs and wing tips removed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Special equipment: A brick wrapped in aluminum foil
- ☐ Preheat the oven to 300 degrees F.
- ☐ Combine the cumin, pimenton, 1 of the garlic cloves, the rosemary, lemon zest, half of the lemon juice, the red pepper flakes, 1 teaspoon olive oil and a pinch salt in a small bowl. Gently massage the spice rub all over the bird, being careful not to tear the skin.
- ☐ Coat a large saute pan with olive oil over medium-high heat.
- ☐ Sprinkle the poussin with salt, and place in the pan, skin-side down.
- ☐ Lay the foil-wrapped brick on top of the bird to press it into the pan. Cook the poussin until the skin is a lovely dark golden brown, about 7 minutes. Flip the bird and continue to cook, without the brick, until the internal temperature has reached at least 150 degrees F, 5 to 7 minutes more.
- ☐ Transfer the poussin to a parchment paper-lined sheet tray and continue to cook in the oven until the internal temperature of the thickest part of the meat reaches 165 degrees F.
- ☐ Meanwhile, remove the excess fat from the saute pan and pour in the white wine, remaining lemon juice and garlic. Scrap up any brown bits stuck to the bottom of the pan and cook over high heat until the wine has reduced by more than half.
- ☐ Add the chicken stock and simmer until slightly thickened. Taste and adjust the seasoning.
- ☐ Arrange the poussin on a plate, and spoon the juices on top.

Nutrition Facts



 **PROTEIN 5.59%**  **FAT 74.52%**  **CARBS 19.89%**

Properties

Glycemic Index:50, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:5.9308695144465%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 264.65kcal (13.23%), Fat: 15.3g (23.54%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 7.93g (2.88%), Sugar: 2.51g (2.79%), Cholesterol: 2.55mg (0.85%), Sodium: 307.7mg (13.38%), Alcohol: 12.36g (100%), Alcohol %: 7.47% (100%), Protein: 2.58g (5.17%), Vitamin E: 2.51mg (16.73%), Manganese: 0.29mg (14.72%), Vitamin C: 9.85mg (11.94%), Vitamin B6: 0.21mg (10.63%), Vitamin K: 10.36µg (9.87%), Iron: 1.55mg (8.61%), Vitamin A: 348.51IU (6.97%), Vitamin B3: 1.39mg (6.93%), Potassium: 223.93mg (6.4%), Phosphorus: 57.53mg (5.75%), Vitamin B2: 0.1mg (5.61%), Magnesium: 22.4mg (5.6%), Fiber: 1.26g (5.06%), Calcium: 45.13mg (4.51%), Copper: 0.08mg (4.06%), Selenium: 2.75µg (3.94%), Vitamin B1: 0.05mg (3.48%), Zinc: 0.42mg (2.82%), Folate: 5.74µg (1.43%), Vitamin B5: 0.13mg (1.29%)