



Roasted Poussins with Four-Spice Dust and Garlic Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon mustard seeds black (see Note)
- 0.5 teaspoon cumin seeds
- 3 small heads garlic skinless halved
- 4 servings kosher salt
- 0.8 cup orange juice fresh
- 4 servings pepper freshly ground
- 1 teaspoon sesame seed

- 4.5 tablespoons butter unsalted softened
- 0.5 teaspoon mustard seeds yellow
- 4 pound poussins

Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve
- roasting pan
- aluminum foil
- spatula
- mortar and pestle
- glass baking pan

Directions

- In a small skillet, toast the sesame, cumin, nigella and yellow mustard seeds over low heat until fragrant.
- Transfer the seeds to a mortar and let cool.
- Add 1/2 teaspoon of salt and grind to a coarse powder.
- Preheat the oven to 30
- Put the garlic in a glass baking dish, cut sides up. Dot the heads with 1 1/2 tablespoons of the butter and season with salt and pepper. Cover tightly with foil and bake for about 1 hour, or until the garlic is very soft. Set aside the 4 nicest garlic halves. Squeeze the rest of the cloves into a coarse strainer set over a bowl and press the garlic through with a spatula.
- Increase the oven temperature to 40
- Set the poussins in a shallow roasting pan, breasts up. Rub the poussins with the remaining 3 tablespoons of butter and season with salt and pepper. Roast in the upper third of the oven for 1 hour, or until golden brown; baste occasionally. Toward the end of cooking, tilt the birds

to allow the juices to run into the roasting pan.

- Transfer the poussins to a warmed platter. Scrape the pan juices into a small saucepan and skim off the fat. Set the roasting pan over 2 burners on moderate heat. When the pan starts smoking, add the orange juice and the pan juices and simmer, scraping up the browned bits from the bottom. Strain the sauce into the small saucepan and simmer for 1 minute. Stir in the garlic puree and season with salt and pepper.
- Set the birds on warmed plates and sprinkle generously with the spice dust.
- Garnish each plate with a reserved roasted garlic half and serve. Pass the garlic sauce at the table.
- Serve With: Steamed jasmine rice.
- Notes: Tiny black nigella seeds, which have a slightly oniony flavor, are available at specialty shops and Indian groceries.

Nutrition Facts

PROTEIN 31.01% **FAT 66.95%** **CARBS 2.04%**

Properties

Glycemic Index:38.5, Glycemic Load:2.57, Inflammation Score:-8, Nutrition Score:31.079565182976%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1118.06kcal (55.9%), Fat: 81.76g (125.79%), Saturated Fat: 27.71g (173.17%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.98g (4.42%), Cholesterol: 374.06mg (124.69%), Sodium: 514.22mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.21g (170.43%), Vitamin B3: 31.12mg (155.59%), Selenium: 67.38µg (96.26%), Vitamin B6: 1.62mg (81.21%), Phosphorus: 690.37mg (69.04%), Vitamin B5: 4.25mg (42.46%), Zinc: 6.09mg (40.57%), Vitamin C: 30.81mg (37.35%), Vitamin B2: 0.57mg (33.45%), Potassium: 970.79mg (27.74%), Magnesium: 101.96mg (25.49%), Iron: 4.51mg (25.06%), Vitamin B12: 1.43µg (23.88%), Vitamin A: 1125.69IU (22.51%), Vitamin B1: 0.33mg (21.86%), Copper: 0.27mg (13.59%), Vitamin E: 1.79mg (11.96%), Folate: 43.4µg (10.85%), Manganese: 0.16mg (7.91%), Vitamin K: 8.18µg (7.79%), Vitamin D: 1.14µg (7.62%), Calcium: 69.91mg (6.99%), Fiber: 0.31g (1.24%)