



## Roasted Poussins with Green-Wheat Stuffing

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



1417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups wheat green (sometimes called frekeh or frik)
- ☐ 0.5 teaspoon cornstarch whisked together with 2 teaspoons water
- ☐ 0.3 cup currants dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon juice of lemon fresh

- ☐ 0.3 cup chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups onion finely chopped (1 large)
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 0.3 cup water
- ☐ 4 lb poussins

## Equipment

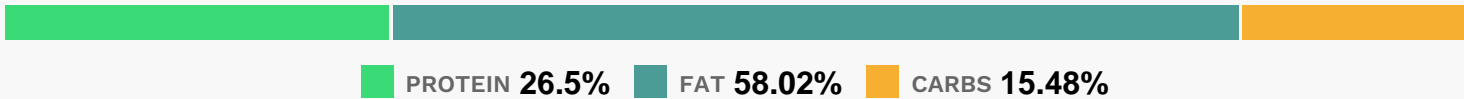
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ gravy boat

## Directions

- ☐ Soak wheat in a bowl of cold water, skimming off any debris that floats to the surface and changing water twice, 20 minutes total.
- ☐ Drain well in a sieve.
- ☐ Cook wheat, uncovered, in a 3- to 4-quart pot of salted boiling water, stirring and skimming occasionally, until just tender, 12 to 15 minutes; drain well in a sieve and transfer to a bowl.
- ☐ While wheat is boiling, cook onion in oil in a 10-inch heavy skillet over moderate heat, stirring frequently, until softened, about 7 minutes.

- ☐ Add coriander, ginger, cinnamon, salt, and pepper; cook, stirring, 1 minute more; stir into drained wheat with currants and pine nuts. Cool stuffing completely, about 20 minutes.
- ☐ Put oven rack in middle position and preheat oven to 450°F. Rinse poussins inside and out and pat dry.
- ☐ Cut out necks if attached and discard.
- ☐ Sprinkle salt and pepper inside and outside of birds, then stuff each body cavity with 1/2 cup stuffing. Spoon remaining stuffing into a small baking dish and cover with foil, then set aside. Tie legs together with string and arrange poussins, without crowding, on rack in pan.
- ☐ Brush melted butter generously over poussins, reserving remainder for basting.
- ☐ Roast poussins, basting occasionally, until deep golden, 30 to 35 minutes. Reduce oven temperature to 375°F and roast until a thermometer inserted into a thigh (avoiding bone) registers 180°F, and into the stuffing, 165°F, about 10 to 20 minutes more.
- ☐ Transfer poussins to a platter, reserving pan, and loosely cover with foil. Reheat reserved stuffing in oven while making jus.
- ☐ Remove rack from pan and tilt pan so fat and juices accumulate in one corner. Carefully spoon off almost all of fat. Straddle pan across 2 burners; add broth and water and deglaze pan by boiling over high heat, stirring and scraping up brown bits, 1 minute.
- ☐ Transfer to a 1- to 2-quart saucepan and simmer until reduced to about 1/2 cup, 3 minutes. Stir cornstarch mixture; stir into sauce and simmer 1 minute.
- ☐ Add lemon juice; season with salt and pepper to taste, then pour jus through a fine-mesh sieve into a gravy boat.
- ☐ Cut off string and serve poussins with jus and additional stuffing.
- ☐ \*Available at [kalustyans.com](http://kalustyans.com).

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:20.42, Inflammation Score:-9, Nutrition Score:43.34478268416%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg

Nutrients (% of daily need)

Calories: 1416.94kcal (70.85%), Fat: 91.67g (141.04%), Saturated Fat: 26.8g (167.49%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 47.56g (17.3%), Sugar: 10.39g (11.54%), Cholesterol: 362.77mg (120.92%), Sodium: 1496.93mg (65.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.2g (188.39%), Vitamin B3: 35.52mg (177.61%), Selenium: 70.5µg (100.72%), Phosphorus: 939.22mg (93.92%), Vitamin B6: 1.82mg (90.97%), Manganese: 1.8mg (90.22%), Magnesium: 247.34mg (61.83%), Zinc: 7.97mg (53.13%), Copper: 0.99mg (49.74%), Vitamin B5: 4.9mg (49.05%), Vitamin B2: 0.83mg (49.03%), Potassium: 1362.48mg (38.93%), Iron: 6.29mg (34.93%), Fiber: 7.48g (29.92%), Vitamin B1: 0.4mg (26.99%), Vitamin B12: 1.44µg (24.06%), Vitamin E: 3.43mg (22.89%), Vitamin A: 911.36IU (18.23%), Vitamin K: 17.22µg (16.4%), Vitamin C: 12.63mg (15.31%), Folate: 59.13µg (14.78%), Calcium: 95.01mg (9.5%), Vitamin D: 1.06µg (7.1%)