



Vinegar-Poached Game Hens

READY IN



50 min.

SERVINGS



2

CALORIES



1191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cup apple cider vinegar
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 carrots roughly chopped ()
- ☐ 2 celery stalks
- ☐ 0.7 cup chicken stock see
- ☐ 2 cornish game hens
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 1 fistful herbs mixed plus more as garnish)

- ☐ 1 tablespoon olive oil
- ☐ 1 onion roughly chopped ()
- ☐ 2 servings salt and pepper as needed for seasoning ()
- ☐ 1 tablespoon butter unsalted

Equipment

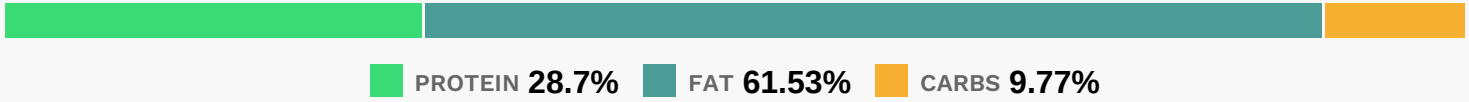
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Leaving the skin intact trim the birds of any obvious fat. Season them generously on all sides with salt and pepper; inside and out. Tie the legs together with twine and tuck the wings under.
- ☐ Heat the olive oil in a Dutch oven just large enough to hold both birds.
- ☐ Add the carrot, onion and celery and cook, stirring occasionally until softened; about 6 minutes. Season the mixture lightly and add the herbs, sugar and both vinegars. Bring the mixture to a boil then lower the heat and simmer about 5 minutes.
- ☐ Place the birds in the pot breast side up.
- ☐ Add enough water to barely cover them.
- ☐ Place the lid on the pot and simmer until cooked through; about 25 minutes. Turn off the heat and let the birds rest in the cooking liquid while you make the sauce. Meanwhile melt the butter in a small saucepan.
- ☐ Add the flour and cook, whisking for 1 minute. Gradually stir in the chicken stock and simmer until smooth and thickened; about 3 minutes. In small additions add up to about a ½ cup of the poaching liquid from the Dutch oven.
- ☐ Add enough of the liquid to thin the sauce to your desired consistency; use your judgment. Increase the heat to a boil. The turn off the heat and season with salt and pepper.
- ☐ Remove the chicken from the poaching liquid.

- ☐ Let them drain well on a rack and then move them to a warm serving platter. Spoon the sauce over the birds to glaze the skin.
- ☐ Garnish with more fresh herbs.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:205.46, Glycemic Load:11.98, Inflammation Score:-10, Nutrition Score:36.366521594317%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 1190.97kcal (59.55%), Fat: 76.92g (118.34%), Saturated Fat: 22.36g (139.77%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 25.54g (9.29%), Sugar: 16.82g (18.69%), Cholesterol: 471.95mg (157.32%), Sodium: 629.47mg (27.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.72g (161.43%), Vitamin B3: 27.4mg (137.02%), Vitamin A: 5788.27IU (115.77%), Selenium: 56.8µg (81.14%), Vitamin B6: 1.49mg (74.48%), Phosphorus: 710.2mg (71.02%), Vitamin B2: 0.89mg (52.35%), Potassium: 1550.98mg (44.31%), Manganese: 0.86mg (42.82%), Zinc: 5.62mg (37.44%), Vitamin B5: 2.93mg (29.26%), Vitamin B1: 0.43mg (28.84%), Magnesium: 110.67mg (27.67%), Iron: 4.83mg (26.81%), Vitamin B12: 1.5µg (24.95%), Vitamin K: 21.92µg (20.88%), Vitamin E: 2.68mg (17.88%), Copper: 0.34mg (16.78%), Folate: 42.39µg (10.6%), Calcium: 104.4mg (10.44%), Vitamin C: 8.44mg (10.23%), Fiber: 1.96g (7.83%)