

Game Hens with Cheesy Stuffing

Great idea for banquet service; an elegantly satisfying menu option.



INGREDIENTS

(Makes 8 hens)

Cornish Game Hen, thawed	8 each
Olive Oil	80ml
Carrots, chopped	100g
Celery, chopped	100g
Onion, chopped	100g
Mushrooms, chopped	60g
Fresh Sage, minced	18g
Lemon Zest, finely grated	18g
Salt	12g
Pepper	6g
Chicken Broth	500ml
French Bread, cut into small cubes and dried	450g
Eggs, beaten	2
U.S. White Cheddar Cheese, shredded	320g
Fresh Rosemary, chopped	18g
Salt & Pepper	To taste

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 230	Calories from Fat 130		
% Daily Value*			
Total Fat 15g	23%		
Saturated Fat 4.5g	23%		
Trans Fat 0g			
Cholesterol 90mg	30%		
Sodium 320mg	13%		
Total Carbohydrate 7g	2%		
Dietary Fiber 1g	4%		
Sugars 0g			
Protein 15g			
Vitamin A 10%	• Vitamin C 2%		
Calcium 8%	• Iron 4%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat	9	• Carbohydrate 4
			• Protein 4

Per 100g

Calories	226kcal
Total Fat	15g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	88mg
Total Carbohydrates	7g
Dietary Fiber	1g
Sugars	0g
Protein	15g
Calcium	83mg
Magnesium	15mg
Phosphorus	98mg
Potassium	174mg
Sodium	317mg
Iron	1mg
Vitamin A	620IU
Vitamin C	1mg

PREPARATION

1. Rinse birds with cold water and drain.
2. In a large pot on medium heat pour in olive oil.
3. Add carrots, celery, onions and mushrooms and sauté until lightly softened.
4. Remove from heat and add sage, lemon zest, broth, salt and pepper.
5. Add bread cubes and eggs then mix lightly to incorporate and chill.
6. Fold in cheddar cheese and divide to stuff birds.
7. Place stuffed birds on a rack in a baking pan and season with rosemary, salt and pepper.
8. Cover with parchment paper and foil. Bake at 200°C (390°F) for 40 minutes. Remove foil and parchment paper, baste birds with pan juices and continue baking at 175°C (350°F) for another 40 minutes until done and thermometer reads 75°C (170°F) in the middle of stuffing.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.