

Cornish Game Hen (or Chicken Breast) Salad

Author: Adapted from a Ma Cuisine Cooking Class

Carolyn T's
Internet
Cookbook

Servings: 8



Chicken Breast Salad with Green Beans

GAME HENS/CHICKEN BREAST MARINADE

- 1 medium orange, halved, juiced
- 1/2 cup lemon juice, fresh squeezed
- 1/4 cup virgin olive oil
- 3 cloves garlic, peeled and minced
- 1 tablespoon capers, Nonpareil, or just caper brine
- 1 tablespoon brown sugar
- 2 teaspoons cinnamon, ground
- 1 teaspoon black pepper, freshly cracked
- 1 teaspoon salt
- 8 whole Cornish game hens, 3/4-1 lb each, or 8 boneless, skinless chicken breast halves

GREEN BEANS:

- 1 pound green beans, preferably haricot verts

TOMATOES:

- 4 medium tomatoes, red ripe
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon sugar
- 1/4 teaspoon black pepper, freshly ground
- 1 large shallot, peeled and minced

SALAD:

- 6 cups salad greens (colorful is better)

DRESSING:

- 1/4 cup red wine vinegar, 6-7% acidity
- 1 teaspoon lemon juice, fresh squeezed
- 2 cloves garlic
- 2 tablespoons fresh basil
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 3/8 cup oregano olive oil, or extra virgin olive oil
- 3/8 cup extra virgin olive oil

Serving Ideas: This is a very colorful salad to serve to guests. It can easily be a complete meal - it has protein, salad and vegetables. Or, you can make this just one dish of a more varied meal. The green beans "make" this dish (my opinion) because they're unusual in a salad. And the tiny, diced tomatoes and shallots sprinkled on the top provide a very colorful garnish.

Notes: May substitute 2 large chicken breasts for each whole Cornish game hen. Serve on large platter. If you don't have oregano olive oil, just use all extra virgin olive oil or basil oil. This recipe assumes each person will eat an entire cornish hen. For many people, a half of a hen is sufficient, or a small chicken breast. The nutritional analysis assumes each person consumes a whole cornish game hen.

Preparation Time: 2 hours

1. **MARINADE:** Wash and halve (or quarter) Cornish hens, removing back bone. Or, wash off the chicken breasts, dry with paper towels, then between pieces of plastic wrap briefly pound the thick end of each breast to a more uniform thickness.
2. In a large plastic bag combine the marinade ingredients, stir to combine, then add the game hens or chicken breasts. Refrigerate for about an hour or up to 4 hours.
3. **GREEN BEANS:** Bring 4 quarts of water to a boil. Drop in cleaned green beans (or haricot verts) and cook for 5 minutes, or until just tender. May need to do several batches. Drain and place in large bowl with ice water. Set aside.
4. Meanwhile, seed, core and cut tomatoes into 1/2 inch or smaller dice. Place in glass bowl; add any extra juice from the tomatoes. Sprinkle tomatoes with olive oil, granulated sugar (or sugar substitute), black pepper and minced shallot. Toss well; allow to rest at room temperature.
5. **GAME HENS:** Preheat oven to 425. In shallow roasting pan lay hens flat, skin side up. Cover with marinade and bake for 15 minutes. Reduce heat to 350° and bake for another 25 minutes, basting frequently. Allow hens to cool before serving.
6. **DRESSING:** In blender or Cuisinart drop garlic cloves and mince up fine, then add salt. Let sit while you assemble the other ingredients. Add vinegar, lemon juice, fresh herbs, mustard and pepper and whiz until combined. Combine the 2 olive oils into one measuring cup and while blender is running, add oil slowly as it emulsifies. Taste and correct seasoning, if necessary, adding more salt or pepper if needed.
7. **CHICKEN BREASTS GRILLED:** Preheat a barbecue grill to medium high. Drain marinade and dry off chicken pieces with paper towels. Grill for 4-5 minutes per side. Do not overcook or they will be dried out and chewy. Remove from grill and allow to cool to room temperature. You may cut the breasts in half, on the diagonal, into two wide strips, to make a more attractive salad.
8. **ASSEMBLY OF SALAD:** Combine lettuces in a large bowl and dress with some of the salad dressing (see directions below). Pour dressed greens onto a very large decorative platter. Toss green beans with about 1 T. of dressing and place in the middle of the mound of lettuce.
9. Place hens or chicken breasts on top and sprinkle chopped tomato mixture on top of with some over the top of the green beans. Serve immediately.

The beans are briefly tossed in a bit of dressing and make a pretty bed for the hens or chicken breasts. But, you could substitute other vegetables for the beans (like asparagus). This dish is ideal for a warm summer evening as much of it can be made ahead. Just prepare the hens or chicken an hour before serving so they've just barely reached room temp when you're ready to serve it. Everything else can be done ahead and just assembled at the last minute. Be sure to use a very large platter as the salad is huge, and you want people to see it before you begin serving it. Stand by for oohs and aahs.

Categories: Chicken, Cold Food, Picnic, Salads

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 984 Calories; 76g Fat (69.9% calories from fat); 60g Protein; 14g Carbohydrate; 4g Dietary Fiber; 339mg Cholesterol; 702mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 10 1/2 Fat; 0 Other Carbohydrates.

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