

Salt baked poussin



SERVED TO ALICE WATERS AND STAFF AT CHEF PANISSE

Serves: 4

Serving size: 1 half or 1 quarter poussin

INGREDIENTS

2 whole poussin or Cornish game hens
2 1/2 cups coarse kosher salt
2 sprigs rosemary
4 sprigs fresh thyme
4 cloves garlic, unpeeled
1 tsp whole black peppercorns
1 Peel of lemon and orange
4 whole star anise pieces
4 teaspoons olive oil
4 tablespoons butter
1/4 tsp chopped rosemary

DIRECTIONS

Preheat oven to 450 F.

Place the salt in a cookie sheet. Add the sprigs of rosemary and thyme, lemon and orange peel, garlic cloves and spices. Place the whole chicken on top of the salt.

Roast the chicken on top of the salt for 45 minutes or until golden brown and crusty and juices run clear.

Remove the poussin and brush off the salt that clings to the bird. I have used the salt for another roasting, but this is up to you.

Combine the butter with the 1/4 teaspoon chopped fresh rosemary, and brush the poussin skin with this.

Portion the poussin into halves or quarters and serve immediately with chili fried rice and wilted tatsoi greens.

