

GastroChef's Herb and Citrus Cornish Hen's

Ingredients

2 Cornish Hens

Spice Rub

1 tsp oregano
1 tsp basil
½ tsp black pepper
¼ cup olive oil

Brine

1 tsp allspice
1 Tbsp whole peppercorns
1 lemon, zest and juice
3-4 garlic cloves
½ cup kosher salt
3 cups water
3 cups vegetable broth

Fruit & Herb Base

Fresh rosemary and thyme sprigs
1 each of (lemon, lime, orange, grapefruit)**

Alternatively simply cut up an orange as we did in the duck recipe

Directions

1. Time your meal to allow for 2-3 hours of brining and 2 hours of baking.
2. Clean your Cornish hen's and remove any remains inside the hens
3. In a large pot combine all brine ingredients over medium heat
4. Stir bring until kosher salt has dissolved completely, this may take a bit of time as kosher salt doesn't dissolve as fast as table salt
5. Once dissolved allow brine to cool completely (put in fridge to speed this up)
6. When cooled completely, place your 2 hens in the pot and submerge.
7. Allow the hens to sit in the brine for a minimum of 2 hours in the fridge.
8. While hen's soak, chop fresh rosemary and thyme along with your choice of citrus fruits (skin left on). Ensure you chop the fruit to small chunks, as the hens are small. Stir fruit and herbs together and leave at room temperature until hen's are ready.
9. After 2-3 hours remove hen's from brine and allow excess brine to drip off the hens. Dry skin with a paper towel.
10. Stuff hens with the fruit and cover the skin in the olive oil herb rub.
11. Place hens in roasting pan and bake for 1 hour and 40-45 minutes at 350F
12. Raise temp to 400F and bake for an additional 10-15minutes to achieve a crispy skin
13. Rest hens for 5 minutes before serving
14. ENJOY!