

Cornish Hen

Ingredients:

1 thawed Cornish hen
1/4 cup + 2 TBSP olive oil
2 TBSP butter or margarine (I use Promise or SmartBalance)
1 TBSP white cooking wine
1 TBSP minced onion
1 clove minced garlic
1 tsp salt
1 tsp Italian seasoning
1/2 tsp ground black pepper
1/2 tsp Accent (optional)
6"-8" piece of twine, soaked in water
Roasting pan or rack.
Meat thermometer

Directions:

Pre-heat oven to 350.

In a measuring cup or bowl, combine 1/4 cup olive oil, Italian seasoning, salt, black pepper, and Accent. Stir or whisk until blended.

Moisten the inside and outside of the hen with some of the oil/spice mixture. (A glass pie plate works well for this. You need to save some of the mixture for basting.)

Use the twine to "truss" the bird. Simply cross the legs and tie them together to close the opening somewhat.

Place the bird on the roasting rack breast-side up and place into the pre-heated oven.

Bake for approximately 1 hour to 1hr/15min, depending on how long it takes you to baste the bird.

Meanwhile, in a small pan, combine 2TBSP olive oil, 2TBSP butter or margarine, white cooking wine, onion. Saute until onions are clear. Add garlic and saute 2-3 more minutes. Use this basting mixture when the original mixture has been used up.

Every 15 minutes or so, remove the bird and baste it. Flip the bird, baste the bottom side, flip again, and baste the breast

side. When turning to baste, drain any liquid inside of the bird. After approximately 45 minutes of actual cooking, start checking the temperature with a meat thermometer inserted into a thigh or leg.

Depending on the heat of your oven, the bird should be done in about 1 hour and 180-190 degrees. Once the temp reaches 170, I increase the oven to 400 for a final 10 minutes to brown it a bit. Don't forget to turn & baste after checking the temp.

If the bird isn't browned enough, I usually finish it off under a high broiler. While the top broiler is heating, remove the bird and turn breast side down. Baste and place under broiler for 2-3 minutes with oven door partially open. Baste, turn breast side up, baste, and place under broiler for another 2-3 minutes. Use your head - the object is to brown the bird, not burn it.

It's that simple. Once you've tried it my way, don't be afraid to put your own personal touch on it.

Experiment with the basting mixture.

Apply your favorite BBQ sauce for the last ten minutes at 400 and the final broiling.

Served with a salad, mashed taters & gravy, or rice - one hen is perfect for Debbie and I.