



3059-JK Hopyard Road . Pleasanton, CA 94588
(925) 600-7267 . www.pansonfire.com

An often overlooked poultry is found in the freezer case at your favorite grocers—the Cornish game hen, a small crossbreed of Cornish and Rock chickens that are only about 4 to 5 weeks of age. They were first bred in the 1950's and were widely popular for years. They are easy to prepare, roasting up in less than an hour, and can be dressed up for the holidays or simply flavored for weekdays. Here's an easy recipe to try.

Roasted Game Hens (serves 4)

2 Cornish game hens, defrosted	5 Tbsp butter
4 Tbsp honey	1 Tbsp prepared chili powder
3 Tbsp freshly squeezed orange juice	Salt and pepper to taste
4 carrots	4 stalks of celery
1 onion	

1. Preheat the oven to 450°F. Line a large baking dish with foil (or spray generously with non-stick cooking spray).
2. Cut the onion, celery and carrots into chunks and scatter on the bottom of the pan. Sprinkle with salt and pepper.
3. Use kitchen shears or a sharp chef's knife to cut the hens in half lengthwise.
4. In a small saucepan, melt the butter and stir in the honey, chile powder and orange juice. (Feel free to add your choice of additional spice or herbs.) Set aside about half of the sauce.
5. Place the hen halves skin side down on the vegetables and season with salt and pepper.
6. Roast for 10 minutes. Reduce oven temperature to 350°F and turn hens skin side up. Baste generously with the butter sauce.
7. Roast for another 40 to 50 minutes, basting once more halfway, until chicken is cooked through (161°F on thermometer in thickest part of thigh; meat will be pulling away from the end of the drumstick and skin will be crisp).
8. Remove the chicken and rest for 10 minutes while you brown the vegetables in the bottom of the pan. Divide vegetables and hen halves among 4 plates and pass the reserved sauce for drizzling.

Shopping List: Cornish game hens, an orange

Equipment Needed: Cutting board and knife, kitchen scissors, large deep baking dish, tongs, small sauce pan, heat-resistant spoon, citrus reamer, measuring spoons, meat thermometer

Pantry Staples: onion, carrots, celery, chili powder, honey, salt and pepper, foil or non-stick spray