

Roasted Cornish Game Hen

with Rosemary Baguette Stuffing

That's right, chefs. In this dish, we're serving up our own mini Thanksgiving feast featuring a crackling, golden-brown Cornish game hen. Small and quick-cooking, Cornish game hen is an easy way to enjoy the classic flavors of the holiday. And it's perfect for stuffing. We're making our stuffing with toasted baguette, aromatics and demi-glace, then cooking it two ways—in the bird and on its own, to vary the texture deliciously. In step 5, we're also using a special technique. We're trussing the bird, but without twine. This helps ensure succulent moistness throughout. Happy Thanksgiving!



Ingredients

- 1 Cornish Game Hen
- 1 Small Baguette
- 3 Cloves Garlic
- 1 Carrot
- 1 Stalk Celery
- 1 Red Onion
- 1 Bunch Rosemary

Knick Knacks

- 2 Tablespoons Chicken Demi-Glace
- 1 Tablespoon Butter

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 40 to 50 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Tear the baguette into bite-sized pieces. Peel and mince the garlic. Peel and small dice the carrot and onion. Small dice the celery. Pick the rosemary leaves off the stems; discard the stems and finely chop the leaves.

2



Toast the baguette:

Place the **baguette pieces** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and toast in the oven, stirring halfway through, 6 to 8 minutes, or until golden brown and crunchy. Remove from the oven and transfer to a large bowl.

3



Cook the vegetables & make the stuffing:

While the baguette toasts, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion, celery, carrot, garlic and rosemary**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant. Add the **butter, demi-glaze** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Stir into the bowl of **toasted baguette pieces**; season with salt and pepper to taste.

4



Stuff the hen:

Pat the **hen** dry with paper towels. Season on all sides and inside the breast cavity with salt and pepper. Place on a sheet pan and carefully stuff the seasoned hen with **½ of the stuffing**. Transfer the **remaining stuffing** to a small baking dish.

5



Truss & roast the hen:

Tuck the tips of both wings under the hen. Cut a small slit in the skin flaps to either side of the breast cavity. Fold the legs across the hen; tuck each leg into the slit on the opposite side. Bake the **prepared hen** and **remaining stuffing** 13 to 15 minutes, or until the stuffing has browned. Remove the stuffing from the oven and cover with foil; set aside in a warm place. Rotate the sheet pan and continue to roast the hen 15 to 17 minutes, or until browned and cooked through. (An instant-read thermometer should register 165°F.)

6



Finish & plate your dish:

Remove the **roasted hen** from the oven and set aside in a warm place to rest for at least 5 minutes. Transfer to a serving dish. Serve with the **baked stuffing** on the side. Enjoy!