

Cornish Hens with Stuffing

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 40 - 45 minutes

Serves: 2

CChints: Gas and electric ovens can cook differently. Always use the cooking time as a guideline. When the juices run clear the hen is done. These are usually purchased frozen so allow 1-2 days in the refrigerator for them to thaw.



Hens:

2 stalks celery, cut each in half
1 medium onion, sliced half in thick
2 Cornish Hens
3 tablespoons olive oil
1/2 teaspoon dried Italian seasoning
1/4 teaspoon garlic salt

Stuffing:

6 ounce box Cornbread Stuffing mix
2 tablespoons unsalted butter, melted
1/2 cup low sodium chicken broth
1 stalk celery, diced
1/2 of a medium onion, diced

Place the oven rack one row up from the middle of the oven. Preheat oven to 425 degree F and locate a 9x13 pan or a roasting pan. Lay the onions and celery piece in the pan. Remove the giblets from inside of each hen and throw them away. Rinse them inside and out and pat dry inside and out. Lay each one on top of the onions and celery in the pan.

To prepare the stuffing, heat a nonstick skillet over medium heat and add the butter. Just as it melts, add the celery and onions and sauté for 5 minutes until they begin to soften. Combine the stuffing ingredients together in a large mixing bowl, stirring well. Spoon the stuffing into the cavities of each hen and pack it in as tight as you can. If you have leftover stuffing pack it together and lay it in the pan with the hens. Use butcher's twine to tie the legs together. Tuck the wings under the body so they don't burn. Rub each hen all over with the oil. Sprinkle the tops and sides each evenly with the Italian season, crushing it between your fingers as you sprinkle it. Then sprinkle with the garlic salt and bake, uncovered for 35-45 minutes until the juices run clear when you cut into a thick part on the thigh. If they are done but not as brown as you would like, turn on the broiler. Broil for 2 minutes until golden brown but watch closely so they don't burn.

During this time wash everything that came in contact with the raw hens and prepare your side items. When the hens are done remove the pan from the oven and cut the strings around the legs. Lay each hen on a plate with your side items and enjoy a pleasant meal.