

Orange - Ginger Cornish Hen

60 minutes

Supplies

Cornish Hen:

aluminum foil
baking pan
long handled spoon

Orange – Ginger Glaze:

small cooking pot
spoon

Ingredients

Cornish Hen:

1/2 tablespoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon tarragon
1/2 teaspoon oregano
1/4 teaspoon sea salt
1/4 teaspoon coriander
1/4 teaspoon thyme
1 tablespoon extra-virgin olive oil
1 Cornish hen

Orange – Ginger Glaze:

1/2 cup orange juice
1/3 cup brown sugar
1 teaspoon ginger paste

Directions

For the Cornish hen, preheat your oven to 350 degrees F.

In a small bowl mix together: onion powder, garlic powder, black pepper, tarragon, oregano, sea salt, coriander and thyme. Set bowl to the side.

If you do not like to cook with the skin on, remove it from the entire hen. If you are leaving the skin on, take the handle of a spoon and go underneath the skin without removing the skin. If you have taken off the skin, rub 1 tablespoon of extra virgin oil all over the hen. If you left the skin on, rub the oil underneath the skin. Use the same process with your herb mixture.

Place the hen into the baking pan. If you hen is skinless, wrap it in aluminum foil before placing it into the baking pan.

Bake for 1 hour or until the internal temperature reaches 165 degrees F.

For the glaze, place a small pot on the stove. Pour the orange juice, brown and ginger into the pan. Cook on medium heat until it bubbles and thickens. Once glaze has thickened, turn burner down to the lowest heat just to keep warm. Then drizzle over Cornish hen or place it to the side for dipping.