



Brown Sugar Bourbon Hens

Yields: about 6 portions

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Ingredients

3 each Cornish hen

1 oz bourbon (optional)

About 2 cups chicken stock

About 2 cups water

¼ cup lemon juice or vinegar

3 tbsp butter (optional)

About 4 tbsp olive oil

Spices- about ½ tsp each of cinnamon, cumin, onion powder & smoked paprika, about 4 tbsp of bourbon spice rub, 3-4 tbsp brown sugar, salt & pepper to taste (blend all the components except the salt to make a rub, taste it 1st & add salt to your liking—about ½ tsp or so)

Tools Needed- Kitchen shears, tongs (to handle the raw meat), a large sheet, 2 small bowls & 2 small spoons

Method & Procedure

- Make the spice rub. Note- any excess can be stored for another day (do not contaminate it)
- Clean your sink area & prepare a trash bag or bring the trash can near by
- Put the sheet pan near the sink area
- In one sink, fill it halfway with cold water & add about ¼ cup of vinegar
- Leave the opposite sink clean & empty
- Remove the innards/ guts from each hen; discard the innards



- Place & clean the thawed hens by rinsing them in the lemon or vinegar water. Leave them to soak as the others are cut in half.
- Place a hen, one at a time, in the empty sink; flip the hen over
- Use the kitchen sheers to carefully cut each hen in half. Trim off any unwanted excess.
- While working, be mindful not to tear the top skin which covers the breast & thigh meat
- As each hen is cleaned & cut, place the halves on the nearby sheet pan, flesh side up
- Careful not to drip the contaminated raw poultry liquid every. Remember to try to contain what you are doing to minimize splashing. You want to prevent spreading germs throughout the kitchen. Only work on the raw poultry during this process. To do this, try to have all things on hand before beginning. It is essential that you avoid & or minimize cross-contamination. This is especially important while handling raw poultry, raw fish, raw eggs, or raw meats.
- Once done with all the birds, discard the raw scraps & thoroughly wash your hands (using antibacterial soap & lathering for about 20 seconds in very warm water). Also, thoroughly wash & sanitize the sink & all work areas where you handled the hens. Safety first!
- Preheat the oven to 375°F
- Season each hen generously with the spice blend on both sides leaving the skin side up
(Note- Keep your hands clean, use the tongs to flip the hens to season the other side)
- Drizzle extra virgin olive oil all over the tops of the hens
- Combine the bourbon in the 2 cups of stock & pour it on an empty spot on the sheet pan, add the butter nub as well
- Place the pan in the center of the oven (not on the lowest rack)
- It may take anywhere from 45 minutes to an hour or so for them to fully cook
- During the baking process, baste each hen with the bourbon stock drippings as they cook

- If they begin to get golden before close to being done, tent the hens loosely with foil to help avoid burning or dark skin. Remember to baste them about every 15 minutes during cooking.
- Cook the hens until they have reached an internal temperature of doneness of 185°F in the thigh & wing area. Allow them to rest about 3-5 minutes before serving. Pair them with the sweet potato mash & sautéed asparagus. Even candied pecans sprinkled on top would be a bonus, Enjoy!

