



#MakeItGAP

RECIPES

CHRISTMAS DAY CORNISH HENS

From Gabrielle simon
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YIELD: Serves 4

INGREDIENTS:

4 Cornish hens
1 bottle Italian dressing (8-12 oz)
1 cup grapefruit juice
1/3 cup soy sauce
1/3 cup brown sugar
4 Tbsp Worcestershire sauce
4 Tbsp honey
2 tsp garlic powder
2 tsp onion powder
Rosemary: 3 tsp dried/crushed or 2 Tbsp fresh, chopped
Parsley: 3 tsp dried/crushed or 2 Tbsp fresh, chopped
Thyme: 1 tsp dried/crushed or 1 Tbsp fresh, chopped
Dill: 1 tsp dried/crushed or 1 Tbsp fresh, chopped
Salt to taste
Pepper to taste

PREPARATION:

Combine all marinade ingredients. Place Cornish hens and marinade in large bowl or Ziploc® bag for several hours, preferably overnight.

Preheat oven to 450°F. Remove Cornish hens from marinade and place in oven-safe dish. Cover with foil and cook for 25-30 minutes until nearly done. Remove Cornish hens from oven and place on grill with medium heat for an additional 5 minutes or until the skins start turning dark brown.

Remove from grill and enjoy.

Recipe from The Simon Family's Christmas Tradition