

Marinated Cornish Game Hens

Serves 8

Ingredients

4 Cornish game hens
3 cups cool water
1 cup freshly squeezed orange juice
1 medium orange
1/4 cup brown sugar
2 tbsp ground coriander (freshly ground coriander spice is best)
1 tsp salt
1 tsp allspice
1 tsp ginger
1 tsp cumin
1/2 tsp cinnamon
1/4 tsp turmeric

In a medium mixing bowl combine water, orange juice, sugar, salt and spices. Whisk to combine thoroughly.

Rinse hens and trim off any excess fat or skin (do not remove all of the skin, only extra hanging pieces). Place them in gallon sized resealable storage bags (2 to a bag) and divide the brine evenly between the two. The spices may settle in the liquid, so give it a swirl as you're pouring it in.

Squeeze all the air out of the bags and place in a baking dish to prevent any liquid from leaking. Marinate in the refrigerator overnight.

When you are ready to cook the hens, preheat your oven to 400 degrees F.

Place the hens in a roasting pan and reserve the marinade. Tuck an orange quarter inside of each hen, then truss with twine (simply wrap the drumstick ends together and secure with twine).

Brush each hen with 1/2 tbsp of olive oil.

Season with salt and pepper. I use about 1/4 tsp of each per hen. Roast the hens for 90 minutes, turning the roasting pan halfway through cooking to ensure even heat distribution.

Meanwhile, strain the remaining marinade into a medium saucepan and bring to a boil over high heat.

Reduce heat to a simmer and cook, letting the liquid slowly reduce until the mixture is the consistency of a barbecue sauce.

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Once 90 minutes have passed, remove the hens from the oven and brush them with a generous amount of the sauce.

Return to the oven for an additional 15 minutes, or until the hens reach an internal temperature of 170 degrees F. Serve hot.

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