HOME FOR THE HOLIDAYS Cornish Hen with Cranberry Stuffing

CORNISH HEN

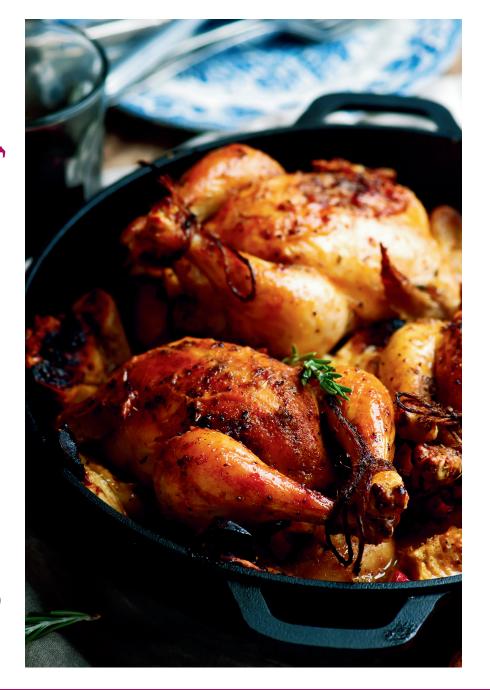
- 4 Thawed Cornish Hens
- Blackened Seasoning
- 3 tbs Olive Oil

BRINE - CORNISH HEN

- 3 Quarts Water
- 1 Cup Dark Brown Sugar
- 1/4 Cup Salt
- 8 Dry Bay Leaves

CRANBERRY STUFFING

- 2 Boxes of Stuffing Mix
- 1 container Broth (Chicken or Vegetable)
- 2 Cups Onion, Bell Peppers, Celery (Chopped)
- 1/4 Cup Dried Cranberries
- 1 tbs Butter
- Salt, Pepper, and Blackened Seasoning (To Taste)





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Cornish Hen with Cranberry Stuffing

CRANBERRY STUFFING

- 1. Prepare the stuffing mix according to the instructions on the box, using the container of broth (chicken or vegetable) as the liquid component.
- 2.In a skillet, melt 1 tablespoon of butter over medium heat. Add the chopped onions, bell peppers, and celery, and sauté until they are softened and slightly caramelized.
- 3. Add the dried cranberries to the skillet and cook for an additional minute to allow the flavors to meld.
- 4. Combine the sautéed mixture with the prepared stuffing, and mix thoroughly. Season with salt, pepper, and blackened seasoning to taste.

CORNISH HEN

- 1.In a large pot, combine 3 quarts of water, 1 cup of dark brown sugar, 1/4 cup of salt, and 8 dry bay leaves. Bring the mixture to a simmer and stir until the sugar and salt have dissolved completely.
- 2. Remove the pot from the heat and allow the brine to cool to room temperature.
- 3. Place the thawed Cornish hens in a large container or a resealable plastic bag. Pour the cooled brine over the hens, ensuring they are fully submerged. Cover or seal the container/bag and refrigerate for at least 2 hours or up to 24 hours.
- 4. Preheat the oven to 375°F (190°C).
- 5. Remove the Cornish hens from the brine and pat them dry with paper towels.
- 6. Rub the hens with olive oil and sprinkle them generously with blackened seasoning.
- 7. Stuff each Cornish hen with the prepared cranberry stuffing, packing it loosely to allow for even cooking.
- 8.Place the stuffed hens in a baking dish or on a baking sheet, and roast them in the preheated oven for about 1 hour, or until the internal temperature of the thickest part of the hens reaches 165°F (74°C).
- 9.Once cooked, let the hens rest for 5-10 minutes before serving. Enjoy your delicious Cornish hen with cranberry stuffing!