

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)



LIVYO's®

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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!