



Rock Cornish Game Hen with Rosemary

Serve with Schramsberg Brut Rose

(Serves 6)

- 6 18 - 22 oz. Rock Cornish Game Hens (1 ¼ to 1 ½ pounds ea)
- 6 T. Fresh Lemon Juice
- 6 T. Olive Oil
- 3 Garlic gloves, peeled & minced
- 2 ½ t. Fresh thyme, minced or ¼ tsp. dried
- 1 Bay leaf, crumbled
- ¼ t. Crushed red pepper flakes (optional)
- Salt and freshly ground pepper to taste
- 12 – 1” Sprigs fresh rosemary or 1 ½ t. dried
- 3 T. Unsalted butter, melted
- Watercress for garnish

In a glass or ceramic bowl, combine lemon juice, olive oil, garlic, thyme, bay leaf, red pepper flakes, salt and pepper.

With large sharp knife or poultry shears, remove backbone from each hen by cutting down either side of the bone. Halve the hens and place in a large nonreactive bowl. Pour the marinade over the birds and turn to coat. Cover and refrigerate for 2 hours. Remove the hens from the refrigerator about 30 minutes before cooking.

Preheat oven to 500 degrees. Remove hens from the marinade and pat dry. Arrange skin side up, in a single layer in 1 or 2 roasting pans. Brush the hens with some of the melted butter and season with salt and pepper. Roast for 20-25 minutes, brushing with more of the butter, until the juices run clear when a thigh is pierced. Transfer the hens to a platter and garnish with watercress. Top each hen half with a sprig of rosemary.

Serve warm or at room temperature.

An original recipe by Jamie Davies,
as featured in Food & Wine