

CORLEY FAMILY NAPA VALLEY



MONTICELLO VINEYARDS

ROASTED ROCK CORNISH GAME HEN

4 whole Rock Cornish game hens
1/4 cup butter, melted
salt and pepper
1/4 cup white corn syrup
Also Required: roasting pan

Thaw the hens overnight in the refrigerator, if frozen. (Stuff with 1/2 cup bread or rice stuffing per bird, if desired.) Season well with salt and pepper and place breast side up on a rack in a shallow roasting pan. Brush well all over with butter. Roast uncovered at 400 degrees for about 45 minutes, turning twice, until browned and tender. Mix together the beef broth and syrup and baste hens several times with the mixture during the last 15 minutes of baking.

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