

## Roasted Cornish Hens

Serves 6-8

metric measures

6 Cornish hens, about 1 ¼ pounds each

6 hens 600 gm each

1 tablespoons soft or melted butter

15 gm

2 teaspoons dried thyme

1 gm

1 teaspoon salt

6 gm

½ teaspoon black pepper

1 gm

Cotton kitchen string

Paper towel

Meat thermometer

Large roasting pan

Large sheet pan

Preheat oven to 425 degrees.

Thaw hens in the fridge for 2 days before cooking.

Rinse hens under running water and check inside for any packages of giblets. Most hens will not have any, but you want to make sure. Remove the giblets if present. You can discard them, or remove the paper and simmer them in water to make broth.

Pat hens dry. Tuck the wings under the neck area. Tie the legs together with string. Place hens, breast side up in a large roasting pan.

Brush with melted butter.

Generously sprinkle thyme, salt and pepper over the birds.

Roast for 1 hour, or to an internal temperature of 180. Check the temperature in several places. Cook 15 minutes longer if the temperature is less than 180 in any spot. Cornish hens are tender and juicy, even when cooked above 180.

Remove hens from the oven and allow to rest for about 10 minutes before serving. Serve a whole bird, or place on a cutting board and cut it in half.