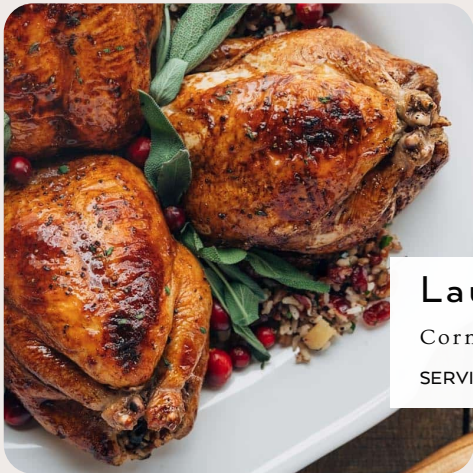




FOLDED HILLS

WINERY · RANCH · FARMSTEAD



Lauren's Favorite

Cornish Hens with Stuffing

SERVINGS: 2 (VERY GENEROUS)

INGREDIENTS FOR THE HENS

- 2 (1 ¼- to 1 ½ pound) Cornish hens thawed
- 2 Tbsp butter softened
- Salt and freshly ground black pepper

FOR THE STUFFING

- ¼ cup butter plus more for buttering dish
- ½ large onion chopped
- 2 celery ribs halved lengthwise and chopped
- 1 large egg
- 1 cup chicken broth
- Salt and freshly ground black pepper
- ¼ cup fresh parsley minced
- ½ tsp fresh sage minced, or ¼ tsp dried
- ½ tsp fresh thyme minced, or ¼ tsp dried
- ½ tsp fresh marjoram minced, or ¼ tsp dried
- ½ large loaf French bread cut into ½-inch cubes and dried overnight on counter

FOR THE APPLE GLAZE

- 2 cups apple cider or apple juice
- 1 tablespoon honey
- 1 tablespoon Dijon Mustard

EQUIPMENT NEEDED

- 4 feet of kitchen twine divided in half (2 pieces, 2 feet each)

DIRECTIONS FOR THE HENS

- Truss the hens by tucking wings against hens, running a piece of cooking twine from the neck around the breasts, and tie the drumsticks together.
- Place hens breast side up in shallow baking dish. Dry hens with paper towels, then rub each hen with butter, and sprinkle with salt and freshly ground pepper. Bake uncovered for one hour.

FOR THE STUFFING

- While hens are baking, prepare stuffing. Coat a 9-inch by 9-inch baking dish with butter.
- In large skillet over medium-high heat, melt butter until foaming. Add onion and celery and sauté until translucent, about 7 to 8 min. Meanwhile, in a large bowl whisk the egg. Stir in broth, ½ tsp salt, and ¼ tsp pepper.
- To skillet, add parsley, sage, thyme, and marjoram until fragrant, about 30 seconds. Transfer to bowl with the eggs and mix well. Add bread cubes and toss to combine. Transfer to prepared baking dish.
- Cover tightly with foil and bake until mostly heated through, about 25 min. Remove foil and bake until crispy edges form, about 15 to 20 min longer.

FOR THE APPLE GLAZE

- While hens & stuffing bake, prepare apple glaze in small saucepan. Bring apple cider to boil and cook until reduced by half (1 cup). Remove the saucepan from heat and stir in honey and Dijon mustard. Set aside ½ cup for serving.
- Brush hens with apple glaze and bake until thermometer reads 170°, about 25 to 35 min longer, basting with pan juices occasionally (if hens brown too quickly, cover pan loosely with foil).
- Remove hens from oven, tent with foil, and let stand 10 min. Serve hens with stuffing, passing the reserved apple glaze separately. Pair with August Red wine and enjoy!

PAIR WITH:

Folded Hills 2020 August Red...with lightly tactile tannin and lingering acidity, this Grenache-Syrah blend offers versatility and flexibility as a food-pairing wine.

