

# Sage-Roasted Cornish Game Hens



PREPARATION TIME  
10 minutes



COOKING TIME  
45 minutes



PERFECT PARTNER  
wild rice pilaf



Whenever you squeeze a lemon for juice, make a batch of lemon peel, too. Remove the peel with a zester and store it in the freezer.

You will have instant—and free—lemon peel that will keep for months.

## SHOPPING LIST

• lemon • Cornish game hens

## ON HAND

• butter • dried sage

## INGREDIENTS

- 6 tablespoons butter or margarine, softened
- 1 tablespoon dried sage, crumbled
- 1 teaspoon grated lemon peel
- 4 Cornish game hens (1½ pounds each)

SERVES 4

**COOKIN'**  
*Xpress*

- Use a bulb baster to spread the butter mixture under the skin. Just melt the butter and be sure to insert it very carefully under the skin from the neck end of the hen.

### Make Ahead

Prepare the hens for roasting through step 2 up to 8 hours ahead. Refrigerate until ready to cook.

### VARIATION

*Try different herbs, such as tarragon, rosemary or fresh thyme, for a change of pace.*

- 1** Preheat oven to 450°F. Combine butter, sage and lemon peel in a small bowl.



- 2** Coat each hen well with butter mixture. Gently lift the skin over the breast to spread butter mixture underneath.

- 3** Roast hens, basting with pan juices about every 10 minutes, until juices run clear when meat is pierced with a knife, about 45 minutes.



- 4** Let hens stand for 5 minutes; carve into slices. Serve immediately.