

The Lowell

NEW YORK

Roasted Cornish Game Hen Alla Mattone

Yield: makes 2 servings

Ingredients:

2- 1¹/₄ to 1¹/₂ pound organic Cornish game hens, split lengthwise

¹/₂ tablespoon of Sea Salt

¹/₂ teaspoon of freshly ground Black Pepper

¹/₄ Lemon Juice

1 tablespoon of chopped Rosemary

1 tablespoon of chopped Thyme

2 tablespoon Butter

³/₄ cup of Olive oil

2 oz. Polenta

8 oz. Cornish game stock (if you don't have it, chicken stock will do)

1 tablespoon of Butter

¹/₂ cup of Grated Parmesan Reggiano cheese

¹/₂ teaspoon Salt

1 head of Fresh Cauliflower

Preparation:

Start by using a whole Cornish game hen split lengthwise.

Rinse the hen under cold water and pat dry, and season with salt and pepper.

Add the chopped thyme and rosemary and sprinkle all over hen.

*Heat a non-stick pan with both ³/₄ of a cup of olive oil and 2 tablespoons of butter.
Add the hen skin side down, place a pan on top with a cement brick (to weigh down)*

Cook over medium heat for 20 minutes.

It is important to be cooking at medium heat and to allow the hen to cook skin side down so the skin does not burn, as well as cooking the flesh side.

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For Polenta:

*In a small saucepan add 8 ounces of hen stock and place 2 ounces polenta
Heat at a medium temperature.
While stirring add salt and pepper and add liquid accordingly until desired consistency.
When the polenta is smooth, add grated parmesan.*

For Cauliflower:

*Cut the stem out, slice in half and in half again.
Drizzle with olive oil, salt and pepper, and grill at medium temperature until done
(should be a little firm but not chewy.)*

To Finish:

*Remove the Cornish game hen out of the pan and insert a thermometer into the thickest
part of hen - it should read 165 °F
Cut hen in half and place on plate with the parmesan polenta and grilled cauliflower.
In the same pan the hen was cooked in, add hen broth and reduce by half,
add 1 tablespoon of melted butter and stir.
Season the hen with salt, pepper and chopped parsley.
Pour over hen.*

Bon Appetite!