

Cornish Hen (Poultry & Eggs)

Interesting facts: Cornish hens are small chickens with mostly white meat that are suitable for single servings. To be classified as such, a Cornish Game Hen must be less than 2.2 pounds in ready-to-cook weight.

How to select: Many markets carry fresh Cornish hens ready to cook. Choose hens that look plump and meaty, with unbroken, smooth, unblemished skin. The color of the bird may vary--it can range from white to yellow, depending on the bird's diet. Markets that do not carry fresh game hens will have frozen ones in the freezer case, usually sold in pairs, in the meat department along with turkeys and wild game.

How to store: If you buy a fresh Cornish hen, you should plan on cooking or freezing it within 24 hours. If cooking the hen, place in the refrigerator and then remove an about an hour before cooking to come to room temperature. To freeze fresh game hens, remove the giblets (a bag containing the liver, gizzard, and heart), and wash and pat dry before wrapping in an airtight package with all the air removed. If this is done properly, the Cornish hens can be stored in the freezer at 0° F for six to nine months.

How to cook: Roast: Preheat your oven 375 °F. Rub the Cornish hens (one per serving) with olive oil and season with sea salt and pepper. You may add lemon wedges, onion slices and herbs in the cavity. Roast for one hour and 15 minutes or until the temperature reaches 165 °F. Let cool before serving.