

Rosemary Maple Cornish Hens
Courtesy of Chef Jernard Wells
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Ingredients:

- 2 whole Cornish hens
- 2 sprigs rosemary
- 4 sprigs thyme
- 1 large onion sliced
- 5 cloves garlic
- 1 lemon sliced
- 2 tbsp olive oil
- 4 Tablespoons olive oil
- 4 tablespoons maple syrup

Dry Rub

- 1 tsp salt
- 1 tsp pepper
- 1 tbsp Italian seasoning
- 3 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp red pepper flakes
- 1 tsp brown sugar

Method:

Combine all the dry rub ingredients together in a small bowl.
Rub hen with Olive Oil and season with the dry rub inside and out.
Preheat oven to 400°F. In a baking dish add rosemary, thyme, garlic, onion, and lemon slices. Put the hens in the dish over the onions and herbs lightly drizzle maple over the hen.
Place hens in the oven and bake for 55 mins minutes.