

Cornish Hens with Scallion Butter and Lime (for 4)

The typical Mexican combination of cumin and lime works beautifully with Cornish hens. These are oven roasted but they take less than 30 minutes.

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Chicken and Other Birds Author: Susan Rich, Laura Russell

Prep Time: 10 minutes

Cooking Time: 20 minutes

INGREDIENTS:

4 TBS butter, at room temperature
1 tsp dried oregano
1 tsp cumin
1/2 tsp salt
Fresh ground black pepper
2 Cornish game hens, about 1 1/4 lbs each, halved
1 scallion, including green top, chopped
4 Lime wedges, for serving

DIRECTIONS:

Heat oven to 450 °F.

In a small bowl, combine 2 TBS butter with oregano, cumin, 1/4 tsp salt & 1/4 tsp pepper.

Rub mixture over skin of hens - arrange them, skin-side up, on a baking sheet. Roast in upper third of oven for about 20 minutes or till golden & cooked through.

Meanwhile, combine remaining 2 TBS butter with scallion, remaining 1/4 tsp salt & 1/8 tsp pepper. When hens are roasted, top with scallion butter. Serve with lime wedges.

Wine Recommendation: A number of hearty red wines would be nice with the straightforward, rustic flavors here. Look for a Corbieres from the south of France, a zinfandel from California, or a Tuscan Rosso di Montalcino.