

Grilled Asian Cornish Hens with Asparagus AND Portobello Mushrooms

Recipe Cookbook: Food and Wine Quick from Scratch

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

Prep Time: 15 minutes Cooking Time: 27 minutes

INGREDIENTS:

6 TBS soy sauce, 1/4 C lime juice (from about 2 limes)
1/4 C cooking oil, 4 garlic cloves, minced
1 tsp ground ginger, 1/2 tsp fresh ground black pepper
2 Cornish game hens, about 1 1/4 pounds each, halved
1/4 tsp salt, 1 lb asparagus
2/3 lb Portobello mushrooms (stems removed caps cut into 1/4-inch slices)

DIRECTIONS:

Light grill. In small glass or stainless-steel bowl, combine soy sauce, lime juice, oil, garlic, ginger, pepper & salt. Put hens into 2 large glass dishes. Pour 1/2 C of marinade over them - turn to coat. Let marinate 10 minutes, turning once. Cook hens 12 minutes over moderate heat. Turn & cook till just done (about 12 more minutes).

Meanwhile, snap off & discard tough asparagus ends. In medium bowl, toss asparagus spears with 2 TBS of remaining marinade - grill about 12 minutes, turning once.

In same bowl, toss mushrooms with remaining 2 TBS marinade - grill about 5 minutes/side. Serve hens with asparagus & mushrooms alongside.

Wine Recommendation: An acidic, assertively flavored white wine, such as an Australian or S African Sauvignon Blanc, is great with the asparagus & the bold flavors of the soy sauce & lime juice.

Serves: 4