

# HERB RUBBED CORNISH GAME HENS

## INGREDIENTS:

4 CORNISH GAME HENS, RINSED AND PATTED DRY  
4 TABLESPOONS TULOCAY'S MADE IN NAPA VALLEY POULTRY RUB  
2 YELLOW ONIONS, QUARTERED  
ROSEMARY OR THYME FOR GARNISH

## PREPARATION:

PREHEAT OVEN TO 375 DEGREES. RUB 1 TABLESPOON OF RUB INSIDE AND OUTSIDE OF EACH HEN AND THEN INSERT 2 QUARTERS OF ONION IN EACH HEN. PLACE IN OVEN AND ROAST FOR 1 HOUR. HENS ARE COMPLETELY COOKED WHEN PIERCED JUICE RUNS CLEAR OR INTERNAL TEMPERATURE READS 145 DEGREES ON A MEAT THERMOMETER. REMOVE FROM OVEN AND REST FOR AT LEAST 5 MINUTES.

GARNISH WITH ROSEMARY OR THYME AND SERVED WITH MASHED OR ROASTED POTATOES.

SERVES 4

ENJOY  
GOURMET  
EVERYDAY

MADE IN

TULOCAY'S

*Napa Valley*



*Recipes*

