

Cornish Hens with Cornbread Stuffing

For the Stuffing:

1 lg. yellow onion, minced

1 stalk celery, diced

4 oz. pancetta, diced

3 tbl butter

2-1/2 cups cornbread, in large crumbles – ours was homemade gluten free

3 tbl flat leaf parsley

1/2 tsp kosher salt

1/4 tsp black pepper

1/3 – 1/2 cup chicken stock

Melt the butter in a large sauté pan over medium-low heat. Add the onion, celery and pancetta and cook for 10 minutes until veggies are softened and translucent.

In a large bowl combine cornbread, parsley, salt & pepper. Add the onion mixture and combine. Add the chicken stock and mix together.

For the Hens:

2 lg yellow onions, sliced

4 Cornish hens

Cornbread stuffing

Evoo

Kosher salt

Black pepper

Preheat the oven to 450° F.

Clean, wash, pat dry, etc. the hens (preparing like you would a chicken). Stuff the hens with cornbread mixture and tie legs together with kitchen string. Rub the hens with evoo and sprinkle with salt and pepper.

Place onions in bottom of roasting pan and place hens on top of onions. Roast for approx. 50-60 minutes or until juices run clear. Remove from oven and let rest for 5 minutes.

Serve onions and pan juices on the side.