

TIM FARMER'S COUNTRY KITCHEN

CORNISH HENS

BRINE

*1 gallon of water
1 cup kosher salt
1 cup brown sugar
2 tablespoons black pepper
1/2 cup soy sauce
Capful of liquid smoke
1 teaspoon thyme
2 tablespoons garlic powder
Dash of Worcestershire
Cornish hens*



Bring all ingredients to a boil in a large pot and simmer until dissolved. Remove from heat and cool completely. Add in Cornish hens and put in fridge overnight (12-14 hours). Remove and pat dry.

*Salt
Pepper
Chicken broth
Bacon grease
Dried sage
Dried thyme
Poultry seasoning*

Place hens in roast pan and season with salt and pepper. Cover bottom of pan with chicken broth. Brush hens with bacon grease. Top with sage, thyme and poultry seasoning. Place on bottom rack in 400 degree oven for 1 hour or until internal temperature is 165 degrees. Remove and wrap in foil until serving.