

TIM FARMER'S COUNTRY KITCHEN

CORNISH HENS

*3 garlic cloves
Sprigs of rosemary and thyme
1/3 onion, sliced in rings
1/4 cup white wine
1/2 cup chicken broth
2 cornish hens
Poultry seasoning
Melted butter
Dried thyme
Garlic powder
Tellicherry pepper*



Place garlic, herbs, onions and liquid in deep baking dish. Place hens on top. Sprinkle with seasoning and brush with melted butter. Top with thyme, garlic, pepper and more poultry seasoning until covered. Place in 375 degrees oven for 1 hour, until internal temp is 165 degrees.

CARROTS

*Whole carrots
Melted butter
Olive oil
Parsley
Basil
Thyme
Garlic powder
Salt
Pepper*

Toss carrots in butter and olive oil and season on all sides. Place in dish and put in 375 degree oven until soft.