

Simple Cornish Hen

<http://thedomesticman.com/2012/11/13/simple-cornish-hen/>



*1 cornish hen
3 sprigs fresh thyme
1/2 head garlic (or 8 cloves)
1 tbsp melted butter or ghee, (or olive oil)
1/2 tsp each salt and pepper*

Gently rinse the bird in cold water, then pat dry with paper towels on the outside and inside.

Rub the melted butter/oil all over the chicken, then place the 1/2 head of garlic (all at once, or with separate cloves) and thyme inside the cavity. Sprinkle both sides with salt and pepper.

Warm up your grill, then set it up for indirect grilling (turn off one side of the grill). Place the cornish hen on the cool side of the grill, face-down. Adjust the heat to get to a roasting temperature of around 350 degrees.

After 45 minutes, flip the bird over and roast for another 15 minutes.

That's it! Let it sit for five minutes before serving. Keep in mind that this recipe is only for one bird, but you can totally scale it for more eaters. It is a great way to feed small parties (everyone loves getting their own bird!).