



CORNISH IN-CIDER HENS Serves 4

Marinade:

24 oz apple juice or cider
 1 tablespoon brown sugar
 1 teaspoon minced garlic
 1 teaspoon balsamic vinegar
 1/2 teaspoon red pepper flakes

1 teaspoon white pepper
 1 tablespoon paprika

BBQ apple "sauce":

12 oz of apple cider (unpasteurized)
 2 tablespoons balsamic vinegar
 1 cup Cattlemen's golden honey bbq sauce,
 1/2 cup cane syrup (Steen's is best)

Dry rub:

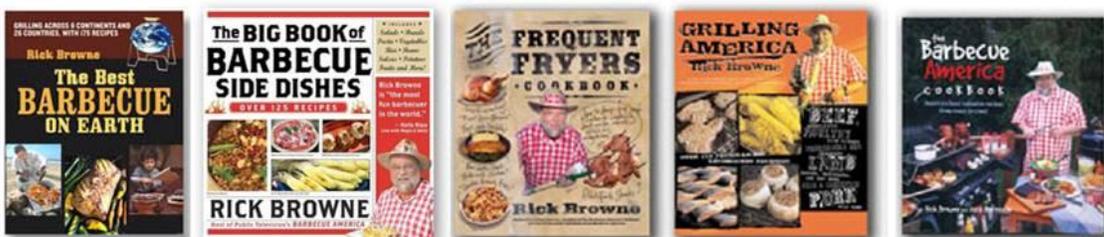
1 tablespoon garlic granules
 1 tablespoon brown sugar
 1 teaspoon dried thyme
 1 tablespoon savory
 1 teaspoon cumin
 1 teaspoon sea salt

2 Cornish game hens
 2 6 oz. cans of apple juice

Place the apple juice, sugar, garlic, and pepper flakes in a sealable 2-quart plastic bag, and shake until well mixed, then add Cornish hens. Place the sealed bag in a bowl overnight in the refrigerator.

Mix the rub in a small bowl until it's well incorporated. Wash, dry and season the hens generously inside and out with the rub. Work the mixture well into the skin and under the skin wherever possible. Place in medium bowl, cover and set aside at room temperature for 20 to 30 minutes.

Put opened apple juice cans on a counter and slide the game hens tail-side down over the cans, using the two legs and the can for a tripod to hold the hens upright. Place on unheated side of a medium grill (350°-400°-degrees). Cook for 45 min. to 1 hour over indirect heat. The birds are done when the internal temperature reaches 180°. Carefully remove the hens from the grill and place





them on heatproof counter top. Let them rest for 10 minutes, then remove the hens from the cans (cans can be super hot so use a potholder) and serve.

While hens are cooking pour the apple cider into a medium saucepan and add the vinegar, Cattlemen's golden honey bbq sauce, and syrup, and while stirring, heat the cider to boiling, then lower the heat to medium, and reduce the liquid in the pan to 1/3 of the original volume, or until it's thick enough to lightly coat a spoon. Pour warm bbq sauce into a sauce boat and serve alongside the hens.

