



SANSA'S HONEY-SCOTCH + LEMON GAME HENS

Serves 4

Equipment:

Roasting pan with a rack, kitchen twine, oven, pastry brush.

Ingredients:

- 2 cornish game hens, giblets removed
- 1 lemon
- 2 TB Scotch whiskey
- 2 TB honey
- 2 large sprigs fresh rosemary
- 1 tsp poudre forte (or pumpkin pie spice with 1/4 tsp black pepper)
- kosher salt



Instructions:

1. Preheat the oven to 375° F.
2. Slice the lemon in half and juice it into a measuring cup or mixing bowl. Pour the scotch, poudre douce, and honey into this and whisk until dissolved; set aside.
3. Cut the rosemary sprigs in half. Stuff the cavity of each hen with a lemon half and two small sprigs of rosemary.
4. Truss the hens closed with kitchen twine, and tuck the wings underneath the bodies. Season the birds liberally with kosher salt and place them on the rack of a roasting pan.
5. Smother a layer of the scotch-honey mix onto the hens with a pastry brush and roast in the oven 45 minutes to an hour, or until the juices run clear and the skin is golden brown.
6. Baste the hens every 15 minutes with the glaze until you run out.
7. Remove the birds from the oven and let rest about 5 minutes. Split each hen in half along the spine with a heavy-duty chef's knife and plate each half to serve.