

**HERBED CORNISH HENS**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
295 cal	1 g	25 g	20 g	147 mg	369 mg	26 mg

**Ingredient**

CORNISH HEN,ROCK,RAW,WHOLE  
 JUICE,LEMON  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 ONION POWDER  
 CELERY SEED  
 SEASONING,POULTRY  
 THYME,GROUND  
 BASIL,SWEET,WHOLE,CRUSHED

**Weight**

78-1/8 lbs  
 1-1/8 lbs  
 2-1/2 oz  
 3/4 oz  
 1/2 oz  
 1/2 oz  
 1/2 oz  
 1/2 oz  
 1/4 oz  
 1/3 oz  
 1/2 oz

**Measure**

2 cup  
 1/4 cup 1/3 tbsp  
 2-1/3 tbsp  
 2 tbsp  
 2 tbsp  
 2 tbsp  
 2 tbsp  
 2 tbsp  
 2 tbsp  
 3 tbsp

**Issue****Method**

- 1 Remove necks and giblets. Wash hens, inside and out, thoroughly under cold running water. Drain well; pat dry.
- 2 Using sharp boning knife or cleaver, split hens in half lengthwise.
- 3 Place each half skin side up, on ungreased pans; brush hens with lemon juice.
- 4 Combine salt, garlic, black pepper, ground paprika, onion powder, celery seed, ground poultry seasoning, ground thyme, and crushed sweet basil; mix well. Sprinkle 3 tbsp mixture evenly over hens in each pan.
- 5 Using a convection oven, bake 1 to 1-1/4 hours at 325 F. on high fan, closed vent for 40 minutes or until done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.