Easy Cornish Hens Recipe

4.46 from 48 votes

Prep Time	Cook Time	Total Time
15 mins	50 mins	1 hr 5 mins

Course: holiday recipes, Main Course Cuisine: American Servings: 5
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Ingredients

- 3 Cornish Hens
- 3 tablespoons olive oil
- 2 tablespoons unsalted butter melted
- 4 large cloves of garlic minced
- 2 lemons sliced
- 1 large onion cut into quarters and separate the quarters into individual slices of onion
- 10-12 fresh sage leaves
- 6-8 Sprigs of fresh Rosemary
- 2 tablespoon Old Bay seasoning
- 2 tablespoon Italian seasoning
- 1 tablespoon + 1 teaspoon smoked paprika
- 1 tablespoon lemon pepper
- 1 teaspoon sea salt or Kosher salt

Instructions

1. Thaw and pat the Cornish hens dry with a paper towel. If you have time, let them sit, uncovered in the fridge overnight. This will prevent the hens from drying out.
2. In a small bowl, mix together the Old Bay seasoning, Italian seasoning, smoked paprika, lemon pepper and sea salt to create a dry rub mixture. Set to the side.
3. Place the onions, sliced lemons, and half of the sage and rosemary into the roasting pan or Dutch oven.
4. Brush the hens with melted butter, olive oil, and minced garlic mixture.
5. Rub the hens thoroughly with the dry rub mixture, coating all sides evenly.
6. Arrange the Cornish hens into the roasting pan or Dutch oven, and place the remaining sage leaves, sprigs of rosemary, and sliced lemon in between the Cornish hens.

7. Bake, uncovered, in a preheated oven at 375 ° F until an instant-read thermometer reads inserted into the thickest part of the thigh registers 165 ° F and the juices run clear. (Cooking time: 45 minutes to an hour)
8. If the skin on the hens is browning too quickly, loosely tent the hens with foil and continue to cook.
9. When finished baking, remove the pan from the oven and let it stand for 15 minutes.
10. Serve.

Notes

Additional tips: Place a few extra slices of lemon and sprigs of rosemary or sage inside each hen cavity for extra flavor.

Basting Step. Halfway through roasting, spoon some of the pan juices over the hens to keep the skin golden and flavorful.