

Derrell Smith Morris Men Cook Recipes

Spatchcocked Roasted Cornish Hen

4-6 Servings

Materials for the recipe

Container for the brine, cooking rack with a baking sheet, small pot

Ingredients

2-3 whole Cornish hens
3/4 cup olive oil
6 cloves roasted garlic
4 gloves of fresh garlic, minced
1 tablespoon course kosher or sea salt
Fresh cracked black pepper
2 sprigs of rosemary, minced
6 sprigs of thyme, minced and keep the stems
Zest of 2 lemons

Brine

6 cups water
1/2 cup salt
1/3cup sugar
3 bay leaves
3 cloves
2 star anise pods
1 lemon (use one of the lemons you zested)

Method

For the brine

1. Dissolve the sugar and salt in warm water and add your herbs and spices.
2. Use scissors to remove the backbones of the Cornish hens and place them into the brine liquid.
3. Allow to marinate between 4 and 24 hours in the fridge.

Cooking instructions

1. In a small sauce pan, simmer olive oil and 6 cloves of garlic on low until brown and soft – give or take 15 minutes. Turn off the heat and allow the garlic to rest in the oil for an additional 10 minutes.
2. Mince together the fresh and roasted garlic with the thyme, rosemary, lemon zest and black pepper. Scrape into a bowl and stir into the garlic infused olive oil and set aside.
3. Preheat your oven to 300 degrees F.
4. Using your hands, massage the garlic oil paste into the Cornish hens and under the skin. Sprinkle with salt and black pepper, then place on the cooking rack.
5. Bake for 40 minutes, then increase the oven temperature to 425F and cook for an additional 10 minutes. Feel free to sprinkle the skin with a little more salt and pepper to make it crispy.
6. Remove from the oven and allow it to rest for at least 10 minutes before serving.

Reil's Peach Cobbler

6-8 Servings

Materials for the recipe

Small pot, spoon or spatula, casserole pan or 10in cast iron

Ingredients

28oz canned peaches

1/2 cup sugar

1 cup water

2 tablespoons rum or dark liquor

Zest of one lemon

1 tablespoon ground cinnamon

1-2 teaspoon fresh nutmeg

1/2 teaspoon salt

Crust

8 tablespoons (1 stick) melted butter

1 1/2 cups self-rising flour + 1 teaspoon baking powder

1 cup sugar

1 1/2 cups milk

Method

Peach and syrup prep

1. Add the syrup from the canned peaches, 1 cup of water, the rum, and the juice of one lemon to a small pot on high heat. Stir occasionally to prevent the sugar from burning to the bottom of the pot.
2. In a separate bowl, season the peaches with salt, cinnamon and nutmeg then stir into the syrup on the stove.
3. Cook the peaches in the liquid for 3-5 minutes, then use a slotted spoon to add back to the bowl. Season the peaches with another teaspoon of cinnamon and nutmeg then set aside.
4. Allow the liquid to reduce on high heat for 15-20 minutes until it becomes thick and like syrup then mix with peaches in the bowl.

Baking instructions

1. Preheat the oven to 425F.
2. Add a stick of butter to a 10 inch casserole dish or cast iron pan. Place in the oven until it melts.
3. In a separate bowl, whisk together 1 cup sugar with 1 1/2 cup of self-rising flour and baking powder. Stir in the milk until it's incorporated, then place in the fridge for 5 minutes to set (it can have lumps).
4. Remove the batter from the fridge and pour it all over the melted butter, then ladle the peaches atop the batter, making sure NOT TO STIR any of the ingredients in the dish together.
5. Bake at 425F for 15 minutes, then lower the temperature to 380F and cook until the crust is golden brown and a knife comes out clean. Should be around 45-50 minutes total cooking time.
6. Remove from the oven and allow to rest for 20 minutes then serve with a scoop of vanilla ice cream.