

Tasty Recipes for You to Try



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Late Summer Grill Game Hens

Serves 4

Shared by:
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Ingredients:

Brine

2 C. boiling water
2 C. salt
2 C. cold water
Sprigs of fresh thyme
4 garlic cloves, peeled
2 C. ice cubes
Zip top bag filled with ice

Hens

2 Cornish Game Hens, backbone removed
1 stick softened butter
Several sprigs of fresh thyme
Grated lemon rind of one lemon
3 grated garlic cloves
Juice of 1/2 lemon
2 Tbsp. light brown sugar

2 tsp. chipotle pepper
2 Tbsp. lemon pepper
Sea salt and pepper

Directions:

1. For the Brine: Bring the water to a soft boil. Add salt and cook until dissolved, stirring occasionally. Add the ice cubes.
2. In a deep dish, add the game hens, several stems of thyme, garlic, 2 C. cold water and brine from step 1. Place the zip top bag of ice down into the brine water, to keep the mixture cool so you don't have to refrigerate. Brine hens from 2 to 6 hours, replacing ice in zip top bag as needed.
3. For the Hens: Mix thyme, lemon rind and garlic thoroughly with butter to allow the seasonings to infuse.
4. Using your fingers, gently apply butter under the skin of the hens. Work the butter under the skin of the thigh, leg and breast.
5. Rub the outside of the skin of the hen with butter mixture. Sprinkle lightly with chipotle pepper, brown sugar, lemon pepper and black pepper.
6. Cook over indirect heat (vent on one side, meat in center and coals to other side) on the grill until internal temperature of meat registers 180°.