



# CHRISTOPHER CREEK

*Spice Company*

## Mid-Week Meals

### Cornish Game Hens

Makes 4 Servings



4 Cornish Game Hens  
8 Bamboo Skewers  
1 1/2 pounds Asparagus  
Canola Oil



Fill a baking sheet with water and soak the bamboo skewers for a minimum of 1 hour so they will not burn on the grill.

Remove the thawed game hens from the refrigerator and place them breast side down on a cutting board. Use kitchen shears cut out the backbone. Flip the game hen over and with your palm, flatten out the game hens. Use two skewers per game hen to keep flat. Lightly rub each bird with oil and liberally season with Fowl Rub...using up to 4 tablespoons. Cover the game hens with plastic wrap and leave at room temperature for 20 minutes.

Prepare grill for indirect high cooking, which is when the heat source is on both sides of the cooking area and not directly under where the game hens will cook.

Lightly coat the asparagus with oil and season with Fish Rub.

Place the game hens on the grill skin side up over indirect high heat and cook with the grill lid on until the internal temperature reaches 165 degrees...about 15-20 minutes. Let the game hens rest for 5 minutes after grilling.

Cook the asparagus over direct high heat for 10 minutes.

Serve the game hens over the asparagus and do not forget to take out the skewers...Enjoy!

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P.O. Box 51764 • Phoenix, AZ 85076 • (480) 299-9811