



SPOTLIGHT RECIPE

ROASTED CORNISH HEN WITH DIRTY RICE AND CHICKEN GRAVY

Cornish hen with dirty rice is a classic Southern-inspired meal that combines a tender, petite bird with a robustly seasoned rice. Often served as an elegant alternative to turkey during the holidays, this dish is prized for its individual presentation and deep, savory flavors.

SERVES 6



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INGREDIENTS

- 6 Cornish hens
- 6 tablespoons butter, softened
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic, minced
- 1/2 ounce pimento
- 1 tablespoon parsley, chopped

Dirty Rice

- 1 teaspoon olive oil
- 3/4 ounce chicken liver
- 3/4 ounce chicken gizzard
- 1 tablespoon onion, diced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon celery, diced
- 3/4 ounce green bell pepper, diced
- 3/4 ounce red bell pepper, diced
- 1/2 wild rice
- 3/4 teaspoon vegetable base
- 1/2 teaspoon cayenne pepper
- 1 1/2 cups water
- 1/2 egg, hard cooked
- 1/2 scallion, bunch, diced

DIRECTIONS

Preheat the oven to 375 F.

Rub the outside of each hen with the softened butter. Sprinkle generously with the salt, black pepper and garlic, and stuff the inside with the pimento and parsley.

Place the hens in a sheet pan and onto an oven rack. Roast for 30 to 45 minutes or to an internal temperature of 165 F. Set aside for service.

In a pot, add the oil and brown the liver and gizzard with the onion, salt, black pepper, celery and bell peppers. Cook for 4 minutes, and then add the rice, vegetable base, cayenne pepper and water. Cover the pot with a lid and cook on low heat for 20 minutes. Add the egg and scallion for garnish. Use the drippings from the chicken to make gravy.