

CAFE THOMPSON RECIPE

BLACKENED MAPLE BUTTER CORNISH HEN

This dish is a fusion of classic Louisiana and Southern flavors, featuring a tender Cornish hen with a boldly seasoned, smoky crust and a sweet, buttery maple glaze. A Cajun blend of spices creates a dark, flavorful crust that is smoky, spicy and savory. Each hen makes a perfect, elegant main course for a special occasion.

SERVES 6

INGREDIENTS

- 3 Cornish hens

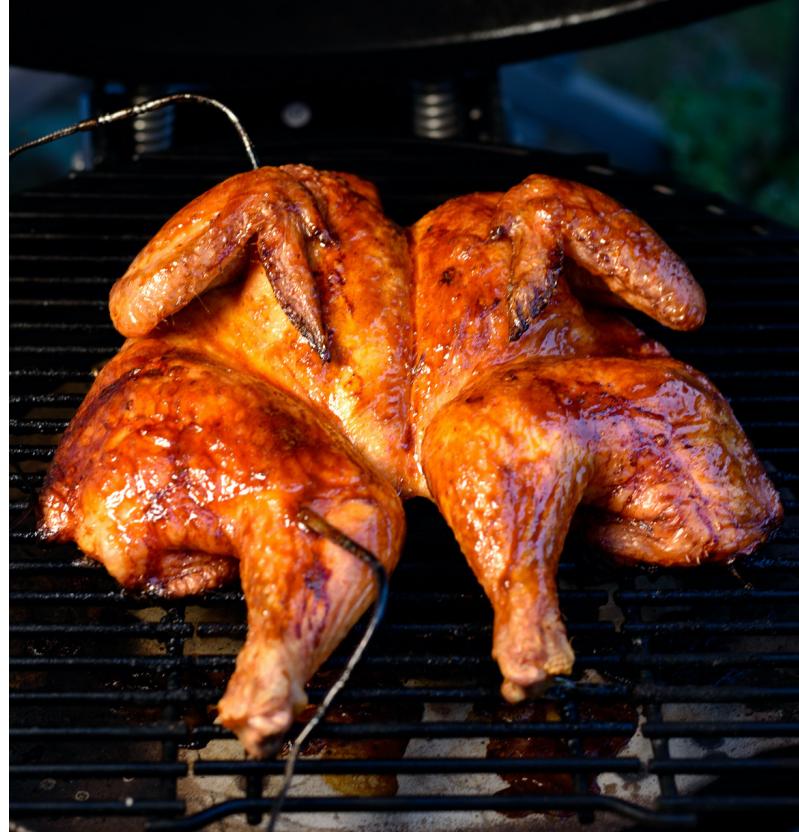
- 2 tablespoons olive oil

Blackening Seasoning

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon smoked paprika
- 1 teaspoon salt and black pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano

Maple Butter Glaze

- 4 tablespoons unsalted butter
- 1/2 cup pure maple syrup
- 2 tablespoons Dijon mustard
- 1 tablespoon red wine vinegar



DIRECTIONS

Preheat your oven to 350 F.

In a bowl, mix together all of the ingredients for the blackening seasoning.

Rub the Cornish hens all over with the olive oil, and rub the Cornish hens with the seasoning.

Place the seasoned hens on a wire rack on a sheet pan. Roast for 35 to 40 minutes.

In a saucepan over medium heat, add the maple butter glaze ingredients. Cook for 3 to 5 minutes until slightly thickened. Set aside.

After 30 minutes, remove the hens from the oven. Brush them with the maple butter glaze and put the hens back into the oven for another 5 minutes, or until the temperature is 165 F and the hens are fully cooked. Keep hot for service.

Split the Cornish hens into halves and serve hot.

Side dishes

Jollof Rice

Candied Yams

Fried Okra

