

# Cornish Game Hens with Tarragon

*Barbara Shepherd*



## **Servings: 4**

*4 Whole Cornish Game Hens, Legs Tied*

*1/4 Cup Olive Oil*

*3 Teaspoons Minced Garlic*

*2 Cups Chicken Broth*

*1/4 Cup Fresh Lemon Juice*

*1 Teaspoon Salt*

*1/4 Teaspoon Ground White Pepper*

*2 Teaspoons Fresh Tarragon*

*2 Teaspoons Fennel Seed*

## **Cook Time:**

1. Wash the hens and wipe dry with paper towels
2. Heat the olive oil over medium-high heat in a 12" ovenproof skillet. Place the hens breast side down and brown on all sides until golden brown. Remove from heat and turn the hens breast side up. Reserve the cooking fat.
3. Add the garlic, chicken broth, lemon juice, salt, white pepper, tarragon, and fennel seed to the skillet.
4. Bake uncovered at 425° degrees for 45 minutes, turning once.
5. Transfer skillet to the stove top. Remove the hens and place on a platter. Cook remaining stock until liquid is reduced to a sauce-like consistency.
6. Pour a little of the sauce over the hens on the platter. Place the remaining sauce in a sauce bowl for passing.

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Per Serving (excluding unknown items): 821 Calories; 61g Fat (68.5% calories from fat); 60g Protein; 3g Carbohydrate; 1g Dietary Fiber; 339mg Cholesterol; 1121mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 7 1/2 Fat.