

Ginger Pomegranate Glazed Cornish Hens

Prep time: 30 minutes
 Cook time: 90 minutes
 Total time: 180 minutes
 Serves 6-8



INGREDIENTS

- 4 cornish hens, giblets removed
- 1/4 cup butter, sliced into 8 pats
- 1/2 cup [Verdant Kitchen Ginger Syrup](#)
- 1/2 cup chicken broth
- 1 t whole cloves
- 1 medium onion, quartered
- 2 heads garlic, tops sliced off
- 2 medium carrots, roughly chopped
- 1 lemon, halved
- 1/4 c rosemary
- 1 jar [Verdant Kitchen Ginger Preserves](#)
- 1/2 cup pomegranate juice
- 1/2 cup pomegranate seeds

INSTRUCTIONS

1. Preheat oven to 350F
2. Pat hens dry & carefully pull back skin & tuck 1 pat of butter between the skin and meat of each breast
3. Rub each chicken with Verdant Kitchen Ginger Syrup then season with salt & pepper
4. Fill the bottom of a roasting pan with chicken broth and cloves then place a roasting rack in the pan
5. Place hens on a roasting rack then arrange onion, garlic, carrots, lemon & rosemary sprigs around hens
6. Transfer to oven for 80-90 minutes, basting halfway through with glaze (made below), until hens are cooked through and reach an internal temperature of 165F
7. Remove hens from oven & transfer to a serving platter
8. Generously drizzle with ginger pomegranate glaze and garnish with pomegranate seeds

MAKE GLAZE

1. In a pot, whisk together Verdant Kitchen Ginger Preserves & pomegranate juice over medium-high
2. Bring to a boil then reduce heat & cook 12-15 minutes, until thickened
3. Use this glaze to baste the hens halfway through cooking and when they come out of the oven then serve remaining glaze on the side

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