

Baked Rock Cornish Game Hen

Categories: Poultry, Londontowne, Beef

Yield: 4 servings

4 ea Rock Cornish game hens	1/4 c Light corn syrup
1 x Salt & pepper	1 x Butter
1/4 c Canned beef consomme	

If thawed, may be stuffed with 1/4 c stuffing each. Season hens to taste with salt and pepper. Place breast side up on rack in shallow roasting pan and brush well with butter. Roast uncovered at 400 degrees about 45 minutes or until tender. During last 15 mins of baking, baste several times with mixture of consomme and syrup.

Obtained from www.recipesource.com