

# Oven Roasted Cornish Game Hens paired with Davis Estates Chardonnay

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## INGREDIENTS:

### Cornish Game Hen

- 4 Cornish game hens
- 4 peeled garlic cloves
- 2 shallots, peeled and sliced thick
- 4 sprigs rosemary
- 1 lemon, quartered
- 1 ½ teaspoons salt
- 2 tablespoons Dijon mustard
- 2 tablespoons whole grain mustard
- ¼ teaspoon dried chervil
- ¼ teaspoon dried parsley
- ¼ teaspoon dried chives
- ½ teaspoon dried tarragon
- 1 teaspoon sweet paprika
- 1 teaspoon fennel seeds, crushed
- ½ teaspoon black pepper
- ¾ teaspoons red chili flakes

SERVES: 4

### Roasted Mashed Sweet Potatoes

- 2 pounds sweet potatoes
- ¼ cup butter
- Pinch salt to taste
- Optional a splash of maple syrup or brown sugar

### Sautéed Swiss Chard

- 2 bunches Swiss chard, stems removed
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- Pinch crushed red pepper flakes
- ½ lemon
- Salt

## METHOD:

### Cornish Game Hen

- Preheat oven to 350°.
- Season the cavities of each game hen with ¼ teaspoon of salt. Place 1 clove garlic, a ¼ of a shallot, a rosemary sprig, and piece of lemon into each game hen cavity. Place game hens in a roasting pan.
- In a bowl, combine mustards, dried herbs, paprika, fennel seeds, ½ teaspoon salt, pepper and chili flakes. Coat game hens generously with mixture.
- Place in oven and roast for 1 hour and 15 minutes, or until a meat thermometer registers 165° in the thick part of hen. Remove from oven, tent with foil and allow to rest for 5 to 10 minutes.

### Roasted Mashed Sweet Potatoes

- Preheat oven to 350°.
- Place sweet potatoes in oven and bake for 60 to 80 minutes until tender.
- Remove from oven and cut in half. Scoop flesh into a bowl and add butter and pinch of salt. Smash using a fork or potato masher to desired consistency. If using add in maple syrup or brown sugar.

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### Sautéed Swiss Chard

- Stack chard leaves on top of one another and slice them into ¼-inch strips.
- Heat oil in a very large skillet. Add garlic and red pepper flakes and sauté for 30 seconds, until garlic is fragrant. Stir in the chard.
- Cover pan and let cook for about 2 minutes, until chard is wilted. Uncover, stir and cook for 2 minutes longer. Season with salt and a squeeze of lemon juice.

### To Finish

On each warm plate with a game hen, scoop of sweet potato and bunch of swiss chard. Sever with a chilled glass of Davis Estates Chardonnay.