SALT-CRUSTED CORNISH HEN

MAKE DINING IN AN EVERY NIGHT EVENT



Preparation Time: 10 minutes
Cooking Time: 1 hour and 8 minutes
Standing Time: 10 minutes
Ready In: Approximately 1 hour and 30 minutes
Makes 2 servings



WINDSOR LESEL COARSE SEA SALTS

Ingredients

2	Cornish hens
3/4 cup (175 mL)	aged balsamic vinegar
1/4 cup (60 mL)	chopped dark or semi-sweet chocolate
6 cups (1.5 L)	Windsor LeSeL Coarse Sea Salts
3 tbsp. (45 mL)	malt vinegar
3 tbsp. (45 mL)	brown sugar
3 tbsp. (45 mL)	fennel seed
1/4 cup (60 mL)	dried thyme
2	egg whites, lightly whisked
	Olive oil cooking spray, for the pan

Instructions

Preheat the oven to 375°F (190°C). Spray a 9 × 13-inch pan with olive oil cooking spray.

In a large bowl, mix together Windsor LeSeL Coarse Sea Salts, malt vinegar, brown sugar, fennel seed, thyme and egg whites. Set aside.
In a saucepan over medium heat, reduce the balsamic vinegar until it lightly coats the back of a spoon, about 8 minutes. Remove from the heat and whisk in chocolate until smooth. Set aside 1/4 cup (60 mL) of the glaze for brushing the hens; keep the remaining glaze in the saucepan to rewarm for serving.

Spoon 1 cup (250 mL) of salt mixture into the prepared pan. Place hens on top of salt. Lightly tie the legs together with butcher's string. Brush hens with the reserved 1/4 cup (60 mL) of balsamic glaze. Pack remaining salt mixture over and around hens to completely enclose.

Roast for approximately 1 hour, until the salt crust is golden brown and hardened and each hen reaches an internal temperature of 82°C (180°F), measured in the thickest part without touching bone. Let hens rest for 10 minutes. Crack away the salt crust. Slice and serve with the reserved warm glaze.

Suggested Salt Substitutions:

Windsor LeSeL Flaked Sea Salt, optional for finishing only; not a substitute for the Coarse Sea Salts needed to form the crust.