



TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

Cornish Game Hens With Pomegranate and Mint

Recipe adapted from Niki Tebranchi

Makes 4 servings

2 Cornish game hens
Extra-virgin olive oil
Kosher salt and black pepper
2 tablespoons unsalted butter
2 sprigs thyme
1 cup pomegranate juice
1 tablespoon sugar
Finely shredded mint, for garnish
Fresh pomegranate seeds, for garnish

1. *Preheat the oven to 375° and set a rack inside a roasting pan. Rinse the hens and pat them dry, then brush them all over with olive oil and sprinkle with salt and pepper.*
2. *Heat two large skillet over moderately high heat and place 1 tablespoon of butter in each. Once the butter is melted, sear each hen for about 1 minute per side. Remove the hens from the pans and place them breast side up on the rack. Insert 1 thyme sprig in each hen and roast, uncovered, until the juices run clear, about 1 hour.*
3. *Meanwhile, in a small saucepan, simmer the pomegranate juice and sugar until reduced to a syrupy consistency, about 10 to 15 minutes. When the hens are cooked through, brush them with the pomegranate glaze and roast for another 5 minutes.*
4. *To serve, spoon some of the pomegranate glaze on each plate and place half a hen on top. Garnish with mint and pomegranate seeds and serve.*