

**Recipe Name:** Roast Cornish Hen**Recipe Category:** Dinner Entrée**Portion Size:** 1 Cornish hen**Ingredients:** Yields: 8 servings

Ingredients	Notes:
8 Cornish Hens	
2 teaspoons salt	
2 teaspoons garlic powder	
¼ teaspoon ground black pepper	
½ cup olive oil	
2 cups low sodium chicken stock or water	
2 lemons, quartered	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 450 degrees. Rub hens with olive oil. Rub salt, pepper and garlic powder into the skin of the hen. Add lemon wedge into cavity of bird. Place hen on a rack and season well.	.
2	Roast duck in oven for 25 minutes. Reduce oven temperature to 350 degrees. Pour stock over hens. Continue roasting about 25 minutes longer or until hens are golden brown and juices run clear. Baste with stock every 10 minutes.	Cook until internal temperature reaches 165°F

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw poultry.

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with broth as needed.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size after cooking. Moisten with broth as needed.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Serve ½ cup puree duck.

**Therapeutic Modified Diets:**

**Lowfat:** Omit skin.

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed.

**Bland/Anti Reflux:** Omit skin, black pepper, garlic powder and lemon.

**Liberal House Renal:** Omit salt. Use SF stock or water

**No Added Salt:** No changes needed.

**2 Gram Sodium:** Omit salt. Use SF stock or water

**Gluten Free:** Use SF stock. Prepare separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X						

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free