

Main Dish

Dutch Oven Cornish Game Hens

Makes ___ servings

Prep time: 10-15 minutes of slicing

Allergy Alert: None

Ingredients

2-4 Rock Cornish game hens (depending on Dutch Oven size)

2 cans chicken broth

1 cup Water

1 tsp Salt

1 tsp pepper

8-10 small red Potatoes

4-6 Carrots sliced

3 tablespoons olive Oil

1 Onion, quartered

3 tablespoons Corn starch

Slow Cooker Instructions

Ready for testing and writing

Dutch Oven Instructions

Cooking time: 30 minutes

Ideal Dutch Oven size: 12"

Coals: 9 on bottom, 17 on top (~350 degrees)

1. Set Dutch Oven on coals to pre-heat.
2. Put 2 tablespoons of oil in bottom of pot.
3. Put a zip lock bag over your hand, pour some oil on a hen, then rub the hen with your plastic covered hand (this makes cleanup easier).
4. Season the hens with the salt and pepper and brown on two sides (lidless)
5. Add the sliced onions to the bottom of the pot.
6. Sauté the onions until brown or translucent, again without lid
7. Carefully add the 2 cans of broth (do NOT pour over hens).
8. Add the potatoes (quartered & peeled) and carrots (peeled and cut thick).
9. Add enough water to just cover carrots and potatoes.
10. In a camping/paper cup, add a little water to the cornstarch to make a smooth paste.
11. Pour into broth as a thickener.
12. Cover for 20 minutes, check for doneness. Expect them to be done around 30 minutes.