

Roasted Game Hens Stuffed with Spinach and Fromage Blanc

Serves 4

These game hens make a lovely individual entrée. If you roast some sliced baguettes brushed with olive oil to serve alongside the birds you can spread them with the delicious spinach and cheese stuffing.

Ingredients

4 ea.	Cornish game hens
2 Tbsp.	olive oil
2 ea.	shallots, minced
1 lb.	spinach, washed with stems removed
8 oz .	fromage Blanc (you may substitute a fresh soft goat cheese) (
½ cup.	parsley sprigs
1 clove	garlic, minced
2 oz.	Dry salami, cut into fine julienned strips
1 Tbsp.	lemon zest, grated
1/4 tsp.	Nutmeg, freshly grated
	Kosher salt and freshly ground pepper

Method

Oven Temperature: 450-475 degrees

- Rinse the hens well and pat dry.
- **Flame Height: 2.6**
- Place the olive oil and shallots in a large skillet **just inside the doorway** of the oven and cook until they are softened, about 5 minutes. Add the spinach and stir frequently with a tongs until wilted. You may have to add the spinach in batches. Remove from oven and let cool.
- Squeeze the spinach to remove any excess liquid and roughly chop it. Mix the cheese with the remaining ingredients and then stir in the spinach.
- Use your fingers to separate the breast skin from the meat and place some of the stuffing mixture under the skin, spreading it out evenly across each breast. Divide the remaining mixture and fill the cavity of each bird. Truss the hens, season with salt and pepper and place in a roasting pan.
- **Flame Height: 3**
- Place the pan **in the center** of the oven and roast for about 30 minutes, rotating the pan about halfway through the cooking time. Hens should be well browned on all sides and register an internal temperature of 160 between the thigh and breast. If the birds are browning at the end quicker than you would like, move them **in front of the doorway**.
- Let sit 10 minutes before removing string and serving.



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