



## Grilled Cornish Hens

6 Cornish hens  
2 TBS coarse salt  
1 TBS black pepper  
1 TBS smoked paprika  
½ TBS thyme  
½ TBS garlic powder

Rinse and pat dry your hens. Butterfly them by running some sharp kitchen shears along the backbone and removing it. Crack the breast bone and flatten them.

Mix all of the spices in a bowl. Rub the hens well and refrigerate for at least 2 hours.

Light your grill. If using a gas grill, turn half of it off. If using a charcoal grill, scoop the hot coals to one side. Place the hens on the unlit – or side with no coals – belly side down. Sear them for about 10 minutes and flip them. Finish cooking them for another 10 minutes.

Serve and enjoy!

*Note: If you want to make less hens go ahead and adjust the seasoning. Or make it all and keep it in a sealed bag in a cool, dark place for up to 3 months. Calculate 1 hen for 2 people.*

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