

COOKING WITH THE CLASSICS

Chef Heather's Austrian Style Cornish Game Hen with Cooked Cabbage to enjoy while listening to the symphonies of Mahler

For the Cornish Game Hen:

Ingredients

2 tablespoons olive oil
3 cloves garlic, peeled
crushed ground black pepper to taste
2 large Cornish game hens;
cut into half (2.5 lbs each)
2 tablespoons butter

Steps

Preheat oven to 350 degrees F

In a large bowl, mix garlic, and pepper.

Place Cornish game hens in the mixture, and rub hens. When done, set aside.

On medium-high heat, on stove top - preheat oven-safe skillet (preferably cast iron)

Add butter and oil to skillet. After melting fat, add Cornish hens.

In the skillet, on stove top, brown both sides of the hens.

Remove skillet from stove top heat, then bake 35 minutes in the preheated oven, covered.

Remove cover from skillet. , continue baking 20/25 minutes (approx 20' per pound), or until exterior of the hens are lightly browned and crisp, the interior of the hens are no longer pink, and juices run clear.

Let hens rest for five minutes before serving.



For the Cooked Cabbage

Ingredients

- 6 slices bacon, chopped
- 1 large onion, diced
- 2 cloves garlic, minced
- 1/2 large head cabbage,
cored and sliced (purple
or red cabbage preferred)
- Salt and pepper to taste
- 1 cup sliced, tart apples with skin on (granny smith preferred)



Steps

Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes.

Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes.

Immediately stir in the cabbage and continue to cook and stir another 10 minutes.

Add apples, stir.

Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more.

Serve the Cornish Game Hens in Festive platter surrounded by the bed of the cooked cabbage. Serves 4.