

Roasted Cornish Hens

- 1 Cornish hen
- 1 onion, quartered
- 2 carrots, cut length wise in chunks
- 1 celery, cut length wise in chunks
- 2 button mushrooms quartered
- 2 sage leaves for stuffing, ½ tbs. chopped
- 2 rosemary sprigs for stuffing, ½ tbs. chopped
- 1 tablespoon thyme, plus more for stuffing
- 2 cups Orange Juice

Directions:

1. Preheat the oven to 350 degrees and get out a roasting rack. Place the Carrots, Celery, Onion, and Mushrooms on the bottom of the pan.
2. Place the hen on the rack and rub it with salt and pepper. Stuff the chicken with extra Thyme leaves, 2 Rosemary Sprigs, 2 Sage Leaves. Place the tablespoon of thyme, chopped rosemary, and chopped sage onto the hen. It's all right if some of the herbs fall in to the pan because it will give the vegetables an extra flavor.
3. Now pour in the Orange juice in to the bottom of the pan, a little on the hen and some in side the cavity.
4. While cooking keep a watch on the hen and keep basting it. Cook until the hen has hit 180 degrees.
5. Take the hen out and place on the side and let it cool down.