



Grilled Cornish Game Hens

Jacob · 29/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

5 hrs 15 mins

Description

This grilled Cornish game hen recipe is great for summer. The juicy tender marinated game hens will melt in your mouth.

Ingredients

- - 1 cup lemon juice - ½ cup olive oil - ½ medium onion
- chopped - 2 cloves garlic
- peeled and chopped - 1 tablespoon white wine - 1 tablespoon pepper - 1 teaspoon Worcestershire sauce - 1 teaspoon hot pepper sauce - 1 teaspoon celery salt - 1 teaspoon salt - 4 (1 1/2 pound) Cornish game hens

Instructions

1. Whisk lemon juice
2. oil
3. onion
4. garlic
5. wine
6. pepper
7. Worcestershire sauce
8. hot pepper sauce
9. celery salt
10. and salt together in a large glass or ceramic bowl. Add game hens and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 4 hours. When ready to cook
11. preheat an outdoor grill for medium heat and lightly oil the grate. Remove hens from marinade and shake off excess. Save remaining marinade for basting. Cook hens on the preheated grill
12. brushing occasionally with remaining marinade
13. until no longer pink and the juices run clear
14. about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh
15. near the bone
16. should read 165 degrees F (74 degrees C). Discard any unused marinade. Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount consumed will vary.