



Chimichurri Roasted Cornish Hens

For the Cornish hens:

- 2 Cornish hens, each about 1 lb (450 g)
- 2 cloves garlic, smashed
- ½ red onion, halved
- 6 sprigs Italian parsley
- ½ lemon, halved
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) Kosher salt
- 1 tsp (5 ml) freshly ground black pepper

For the roasted carrots:

- 1 lb (450 g) multi-colored carrots, peeled and cut in half lengthwise
- 1 tbsp (15 ml) olive oil

For the chimichurri sauce:

- 1 cup fresh cilantro leaves
- 1 cup fresh mint leaves
- 1 cup fresh Italian parsley leaves
- 2 cloves, garlic peeled and smashed
- 1 small fresh red chili pepper, chopped or a pinch of dried cayenne pepper
- 1 shallot, halved and peeled
- ¼ cup (60 ml) red wine vinegar
- ½ cup (125 ml) olive oil
- 1 tsp (5 ml) sea salt
- 1 tsp (5 ml) coarsely ground black pepper

Gaggenau appliances: EB/BO/BX Ovens

Heating mode(s): Broil / Top + Bottom Heat

Temperature: 450°F

Required Accessories: Roasting Tray + Rotisserie + food processor with bowl

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Makes: 4 servings

Prepare the oven for roasting the Cornish hens:

Five minutes before you are ready to begin roasting, use the left control knob to set the oven to the **Broil** mode. Using the right control knob, preheat the oven to 450°F. Insert the rotisserie spit supports into each side of the Roasting Tray, (the Wire Rack insert is not used in this recipe) with the extended spindle on the left facing away from you.

To roast the Cornish hens and carrots:

Pat the hens inside and out with a paper towel to remove any moisture. Stuff each of the hens with one clove of garlic, half of the red onion, parsley and lemon, season with salt and pepper and tie the legs together with twine. Place one retaining clip on the spit prongs facing inward, slide one hen onto the spit and push firmly into the prongs. Slide another retaining clip onto the spit facing the hen and slide the prongs firmly into the hen to secure and tighten with the screws to lock in place. Repeat with the second hen and place the spit on the supports making sure it's positioned firmly in the supports. Brush the hens all over with olive oil, toss the carrots with the olive oil and place them in the base of the Roasting Tray.

Slide the Roasting Tray onto the bottom rails of the oven with the extended spindle on the left facing away from you and push the tray from the front to make sure the spindle inserts fully into the opening in the rear of the oven. Close the oven door and touch the Rotisserie symbol on the right of the display to set the **Rotisserie** in motion and set the cooking timer for 15 minutes. When the cooking timer has elapsed, add the carrots to the Roasting Tray. Use the left control knob, to change the oven mode to **Top + Bottom** heat and reset the cooking timer for 20 minutes.

When the cooking timer has elapsed, remove the Roasting Tray from the oven and let the hens rest on the spit for 10 minutes before removing. Cut each hen in half along the breastbone with poultry shears and serve with the roasted carrots and a generous dollop of chimichurri sauce.

To make the chimichurri sauce:

Add all the ingredients for the sauce to the bowl of a food processor and pulse until smooth.

Tip: The carrots can be combined with parsnips or a medley of small golden potatoes tossed with chopped red and yellow peppers can be roasted under the hens.