Third Place
Indian Game Hens

Appliance Used: Crock-Pot
Recipe Title: Crock-Pot Indian Cornish Game Hens

Recipe: Yield: 2-4 servings
Prep Time: 10 minutes
Cooking time: up to 4 hrs depending on settings

Ingredients:
2 whole Cornish game hens
1 large yellow onion
6 garlic cloves
cooking spray
2 tablespoons extra virgin olive oil
2 teaspoons ground coriander
2 teaspoons ground cumin
2 teaspoons chili powder
2 teaspoons garam masala (indian spice mix)
1 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground black pepper
1/2 teaspoon ground cinnamon

Notes: Directions:
1. Plug in crock-pot and lightly coat interior with cooking spray.
2. Combine all spices into a small bowl, stir to combine.
3. Peel onion and cut into 8-10 sections. Set aside
4. Peel garlic cloves and smash using the side of a large knife. Set aside.
5. Rinse game hens under cool running water and pat dry with paper towel on cutting board.
6. Loosely stuff two small onion chunks and one garlic clove into the cavity of each hen.
7. Place remaining onion and garlic pieces in the bottom of the crock-pot.
8. Using clean hands rub hens lightly with olive oil and sprinkle spice mixture evenly to coat each hen.Reserve1 tablespoon spice mixture.
9. Gently place the two hens into the crock-pot, side by side, breasts facing up. Sprinkle remaining spice mixture over top of hens.
10. Cover. Cook on high for 1- 1 1/2 hours or low 2-3 hours until juices run clear and game hens are cooked to an internal temperature of 180F.

Serve over a bed of white or brown rice.