

HONEY GLAZED ROCK CORNISH HENS

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	12 g	25 g	21 g	147 mg	92 mg	22 mg

**Ingredient**

CORNISH HEN,ROCK,RAW,WHOLE  
 COOKING SPRAY,NONSTICK  
 SUGAR,BROWN,PACKED  
 HONEY  
 JUICE,ORANGE

**Weight**

78-1/8 lbs  
 2 oz  
 1-1/2 lbs  
 1-1/2 lbs  
 1-1/8 lbs

**Measure**

1/4 cup 1/3 tbsp  
 1 qts 1/2 cup  
 2 cup  
 2 cup

**Issue**

**Method**

- 1 Remove necks and giblets. Wash hens, inside and out, thoroughly under cold running water. Drain well; pat dry.
- 2 Using sharp boning knife or cleaver, split hens in half lengthwise.
- 3 Lightly spray sheet pans with non-stick cooking spray. Place each half skin side up, on sheet pans.
- 4 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent.
- 5 Heat brown sugar, honey and orange juice until sugar is melted to make a glaze.
- 6 Remove hens from oven; brush tops with glaze.
- 7 Return to convection oven; bake 20 minutes or until golden brown or done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Brush remaining glaze over hens in each pan before serving. CCP: Hold for service at 140 F. or higher.