

ROCK CORNISH HENS WITH SYRUP GLAZE

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
349 cal	14 g	25 g	21 g	147 mg	104 mg	16 mg

Ingredient

CORNISH HEN,ROCK,RAW,WHOLE
 COOKING SPRAY,NONSTICK
 SYRUP,PANCAKE & WAFFLE

Weight

78-1/8 lbs
 2 oz
 4-1/8 lbs

Measure

1/4 cup 1/3 tbsp
 1 qts 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 on sheet pans.
- 4 Using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent.
- 5 Remove hens from oven; brush tops with maple syrup, or use Recipe No. D 050 00, Maple Syrup.
- 6 Return to oven; bake 20 minutes or until done in 325 F. oven. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Brush remaining warm syrup over hens in each pan before serving. CCP: Hold for service at 140 F. or higher.