Rock Cornish Game Hen

It's new. It's delicious. If it is prepared and cooked the way it should be, it has a savory taste that can't be duplicated by any other bird. The birds come fresh-frozen, oven ready with only a minor cleaning job needed. I recommend two methods for cooking the Rock Cornish Game Hen.

BROILING: Split the bird down the back, open—remove bones and keel bone. Remove liver and lung formation, rub with baking soda, and wash under clean running water. Dry well. Season with a good seasoning salt, marinate in butter, dust with flour and broil six inches from the flame until a nice brown on one side. Turn and brown on the other side, then butter well with creamed and seasoned butter and serve immediately with wild rice dressing.

BAKING: The bird should be thoroughly cleaned as described at left. It should be marinated with butter inside and out and seasoned with a good seasoning salt. Bake in a small shallow pan without stuffing in a 400°F oven for 45 minutes and serve in a nest of wild rice. A silver skillet, as illustrated, makes an ideal serving dish. If it is to be stuffed, the dressing should be pre-cooked and hot when put into the bird.