



Cornish Hens Recipe by Jody Pollack

Ingredients:

- 2 Cornish Hens
- Olive oil
- ¼ cup of Kroger Prime Seasonings – Sweet Smokehouse Season & Rub
- 1/3 cup of Teriyaki Sauce
- 1 teaspoon of Sesame Oil
- 3 tablespoons of Honey

Directions:

1. Split hens in two along backbone side.
2. Drizzle and then rub in olive oil
3. Rub inside first with Sweet Smokehouse Season & Rub, then do the same with the skin side
4. Cover dish with plastic wrap and let rest. You can refrigerate or let it rest on the counter until the fire is ready.
5. Mix teriyaki sauce, sesame oil and honey, and set aside.
6. Light Big Green Egg – I use Royal Oak Lump Charcoal and Leading Edge Firewood Cherry Chunks.
7. Set smoker for indirect heat at 300-325°.
8. Baste both sides of hens with the teriyaki sauce marinade.
9. Place hens on grill skin side down, close lid and leave alone for 15 minutes.
10. Flip to skin side up, baste again, close lid and leave alone for 15 minutes.
11. Flip to skin side down, baste again, close lid and leave alone for 10 minutes.
12. Flip to skin side up, baste again.
13. Check temperature of breast section. At internal temp of 165°, remove and enjoy!