
An Early American Christmas Dinner

Herb Crusted Cornish Hens marinated in a blend of 13 herbs and spices basted with our clove and molasses meat sauce. Grilled to a golden brown and drizzled with Honey Mustard Grilling Marinade.

Flame roasted corn on the cob, grilled with husks on and prepared with a melted butter 'n herb baste.

Grilled Vegetable Medley including herb seasoned new potatoes, sweet red and yellow bell peppers, purple onions, baby carrots, and sliced mushrooms.

4 Cornish hens
4 large cobs of corn, husks on
12 new potatoes
1 purple onion
2 each large red and yellow bell peppers
8 large while mushrooms
24 baby carrots
1 stick of butter
Mike's Gourmet Herbs Meat Rub & Marinade
Mike's Gourmet Steak Sauce
Mike's Honey Mustard Grilling Marinade
Virgin olive oil
wild rice
rolls



The day before the meal:

Select four Cornish hens. Thaw completely. Apply a light coat of virgin olive oil to each hen. Sprinkle a light coat of Mike's Gourmet Herbs Meat Rub & Marinade all over each hen. Press herbs into oiled skins to moisten the seasoning. Place hens separately in a zip lock freezer bag and douse inside body cavity and outside with Mike's Gourmet Steak Sauce. Press air out of bag, seal and put in the fridge and marinate over-night.

The day of the meal:

Select four large cobs of sweet yellow corn; leave the husks on. Place all four cobs in a large pan of water and soak for 1 hour.

Melt one stick of butter in a bowl and add 1 tsp. of Mike's Gourmet Herbs Neat Rub & Marinade. Stir well and set aside.

Select 12 small New Potatoes, one large purple onion, two each large red and yellow bell peppers, and 8 large whole mushrooms. Leave skins on potatoes and cut each one into quarters.

Cut peppers into halves, remove stem and seed cores, and then cut halves in half giving you quartered peppers. Peel the onion and remove the stem and end. Cut into quarters and separate layers. Slice mushrooms lengthwise from crown to stem into fourths.

Cut carrots in half. Place all vegetables in a large bowl and drizzle virgin olive oil onto slices. Wearing food preparation plastic gloves, toss the vegetables until the oil is evenly spread on all slices. Sprinkle with one tablespoon of Mike's Gourmet Herbs Meat Rub & Marinade and toss to evenly distribute the herbs and spices on all slices. For absolute best results, place the vegetables in a heavy duty vegetable grill pan. These pans are available at JC Penney, Target, Lowes, Wal Mart, and other BBQ equipment stores, and are manufactured by Weber and other similar companies. These pans have openings in the pan's base and sides that allow direct heat to reach the vegetables.

Heat propane gas grills to 300° and place the four marinated hens well above direct flame. If your grill has two-tiered grates, use the highest one. If you are using a BBQ grill with charcoal and one grate, make sure there is no flame on the coals, lower the heat to 250°. Slight charring of the skin is preferred to ensure that the meat at bone-center is completely done, tender and juicy. Close the grill lid and cook for 5 to 10 minutes, then use tongs to turn each hen - the heated side should be turning brown and be slightly charred by the grates. Turn hens to allow four sides to brown evenly and the meat easily comes apart when tested with a fork. Remove hens and place in a covered pan to retain heat.

Maintain the heat at 300° and place soaked corn and panned vegetables directly over the flame. Turn corn and toss vegetables every 3 minutes until the vegetables are soft (use carrots and potatoes as your guide) and corn husks are just blackened (charred) on all sides. Remove from grill, remove husks from corn and place vegetable medley in a bowl.

Place hens on dinner ware, drizzle with Mike's Honey Mustard Grilling Marinade, and serve with vegetables, corn on the cob, a wild rice pilaf, butter 'n herb baste for corn and vegetables, and rolls.

Serves 4.

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