



CHERRY SMOKED CORNISH HENS



Despite their name, Cornish Game Hens are actually a type of domestic chicken. Rub Extra Virgin Olive Oil in the cavity, on and under the skin and season with your favorite Poultry rub/seasoning. Wrap the Cornish Hens tightly with plastic and refrigerate for up to 4 hours.

Preheat your Wood Pellet BBQ Smoker-Grill to 180°F with Country Cherry Gourmet BBQ pellets. Remove the Hens from the fridge while the grill is preheating. Cherry Smoke the Cornish Game Hens, breast side up, for an hour. Use FDA compliant for direct food contact mats to keep the game hens from sticking to the grill.

After an hour of smoke, increase the temperature to 350°F until the thickest part of the breast reaches an internal temperature of 165°F. Rest the Cornish Game Hens loosely under a foil tent for 20 minutes prior to serving. For safety, always verify the internal temperature. Be aware that Cherry wood may tint the meat pink which makes it appear that it isn't done but the IT tells otherwise.



Recipe Compliments of Smokin' Pete (www.smokinpetebbq.com)