



## AF Cornish Game Hens

**Source:** adapted from  
meateatingmilitaryman.com  
Bob and Robin Young, Boise, ID, *The Captain's Shack* 29 Mar 2019  
**Prep Time:** 10 min **Cook Time:** 35 min **Total Time:** 55 min **Serves:** 2

### Ingredients:

2 Whole Cornish Hens  
1 Sweet Onion cut in half through root end  
2 sprigs fresh Sage  
1 t Celtic Sea Salt  
1 t fresh ground Tellicherry Black Pepper  
1 t Garlic Powder  
1 t fresh chopped Rosemary  
½ stick unsalted Butter, room temperature

### Directions:

Pre-heat AirFryer 375° F

Place half the onion in each cavity. Place 1 sprig of fresh Sage in each cavity. Mix the seasonings, salt, pepper, garlic powder, chopped rosemary, in a small bowl. Rub butter on the skin. Rub the seasoning mix onto all parts of the Cornish hens. Ensure there's a generous layer everywhere.

Use cooking twine to secure the wings and legs to the body of the Hen. This ensures even cooking. Place the hen into the air fryer.

Place the hens breast side up in the AirFryer basket. Bake at 375° F for 35 - 45 minutes (depending on size) and at 20 minutes, turn if necessary. Cook until time expires or until the hens register 165° F with a meat thermometer at the thickest part.

Take the hen out of the air fryer and let it rest under foil for at least 10 minutes before serving.