

GLAZED HENS WITH CUCUMBER-CANTALOUPE SALAD

2 Cornish game hens (about 1/4 pounds each)
Kosher salt and freshly ground pepper.
2 to 3 teaspoons Serrano Chili Honey Balsamic vinegar
3 tablespoons fresh lime juice
3 tablespoons packed dark brown sugar
3 tablespoons Blood Orange Olive Oil
½ small cantaloupe
1 shallot
1 English cucumber

1. Preheat the oven to 500*. Season the hens all over with salt and pepper place on a rack in a roasting pan and roast 15 minutes.
2. Meanwhile whisk the Serrano Chili Honey Vinegar, lime juice, brown sugar, Blood Orange Olive Oil and 2 teaspoons salt in a measuring cup to dissolve the sugar. Set half of the mixture aside in a bowl for the salad.
3. Baste the hens with some of the remaining dressing, then rotate the pan and continue to cook until the hens are golden and a thermometer inserted into the thickest part of the thigh registers 160*, about 20 more minutes.
4. Meanwhile, peel and thinly slice the cantaloupe and shallot. Peel the cucumber, then halve lengthwise, seed and thinly slice. Toss the cantaloupe, shallot and cucumber with the reserved dressing.
5. Divide the salad among plates. Use kitchen shears to cut each hen in half and place one half of each plate. Drizzle the pan juices over the hens and salad.

Serves 4

A Toast to All Things adaption from the Food Network