

Cornish Game Hen and Pulpo

Ingredients:

Marinade

- 2 Cornish game hens
- 2 cups of Goya mojo criollo
- 4 garlic cloves
- 2 tbl of Dejon mustard
- Salt and pepper

Dry Rub

- 1tbl Italian seasoning
- 2 tbl of smoked paprika
- 1 tbl garlic powder
- 1tsp of salt
- 1tsp of pepper

Smoker

- 32 oz of wood chips
- 6 sprigs of rosemary
- 2 cups of white wine

Mixed Veggies

- 2 zucchini
- 1 squash
- 2 corn
- 1 red onion

- 1 lb of baby Dutch potatoes
- 1 tbl of rosemary
- 1 tbl of thyme

Pulpo

- 2 lb. octopus
- 2 cups of red wine
- 6 garlic cloves
- 2-star anise
- 2 cloves
- 6 bay leaves
- 1 tbl of paprika
- 1 onion

Sauce

- ½ cup of gochugaru paste (found at Whole Foods)
- 1-inch ginger piece
- 2 garlic cloves
- 1 Thai chili
- 2 tbl of fish sauce
- 1 tbl of fresh lime juice
- 1 tbl rice vinegar

Fried Rice

- 3 tbl peanut oil
- 2 large eggs, lightly beaten with a pinch of kosher salt
- 4 scallions (white and green), thinly sliced
- 2 cups of frozen veggie mix
- 1 large clove garlic, minced
- 1 Thai chili minced
- 1 tsp minced peeled fresh ginger
- 2 tbl soy sauce
- 1 tsp toasted sesame oil
- 3 cups cooked long-grain rice

Peach cobbler

- 1 cup flour
- ¾ cup of sugar
- 1 tbl of baking powder
- 3 cups of peaches

Method:

Hen -

Pat dry your Hens and salt and pepper making sure you are salting all around. Place in a Ziplock bag. Meanwhile, blend all marinade ingredients and pour them into bag. Let the hen's marinade overnight.

When ready to grill pat dry hens and rub olive oil and evenly distribute the dry rub on each Hen. Let rest for at least one hour before cooking. Cook on grill for about 1 hour and 15 min or until the thickest part of the thigh reaches 165 degrees.

Veggies -

Cut veggies to desired pieces. Place in a bowl and coat in olive oil, herbs, salt, and pepper. Place under your Hens with ½ cup of broth. This will keep your veggies moist.

continued on next page

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Veggies (cont.) -

For this cooking method, we used hickory chips and herbs to smoke. Make sure you are soaking your chips and herbs for a minimum of three hours. Go ahead and add 2 cups of white wine to your smoker box to infuse with even more flavor. You'll need to replenish wood chips as you are cooking.

Pulpo -

Clean your octopus and set aside. Bring to a boil all ingredients plus 6 quarts of water. Before fully submerging your pulpo dip the tentacles 3 times each time going higher and a few seconds longer.

Braise octopus for about 20 to 30 min per pound this will give you a very tender octopus.

You can make the sauce ahead of time even overnight. Take all ingredients and blend in a food processor. Once pulpo is tender remove from water and cut the tentacles individually as well as separating the body. Before ready to grill dip your octopus in sauce and place onto grill. The octopus is already fully cooked you just want a slight char.

Wok-fried Rice - Pour peanut oil on the rim of the Wok making sure to season the entire surface. Add your garlic, ginger and scallops let cook for about 30 seconds. Add your veggies and soy sauce mix, stir in your rice. Push your rice aside and add your eggs. Spread the eggs along the edges to get cooked thru. Once the eggs are cooked mix everything together and serve.

Cobbler - Melt butter and place in skillet or baking dish. Mix all dry and wet ingredients in a separate bowl. Once mixed pour into butter without mixing. Gently place the fruit on top evenly and lastly sprinkle brown sugar on top of the fruit. Bake at 350 for about 40 min or until golden brown.