

# Roasted Cornish Chicken, stuffed with herb butter between flesh and skin |

**Recipe for 4 servings**

## Description

A beautiful Cornish hen! Enjoy its juicy flesh thanks to two techniques that bring taste and tenderness:

The Crapaudine technique, which is the fact of cutting the chicken and opening it like a wallet.

Second technique: the fact of Contiser which consists in incising the skin of a piece of meat or fish to slip underneath a garnish or decorative elements.

## Ingredients

### Butter

- 60 Gr Softened butter
- 10 Gr Chopped parsley
- 10 Gr Chopped garlic
- 2 Gr Salt
- 5 Gr Tarragon
- 5 Ml Pernod (alcool)
  
- Salt and pepper
- Vegetable oil

### Meat

- 2 Unit(s) Cornish hen
- 2 Sprig(s) Thyme
  
- Salt and pepper
- Vegetable oil

## Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

### Butter

cc

### Poulet de Cornouaille

#### Crapaudine

With a chef's knife, make an incision under the wishbone (the wishbone is the bone under the breast on the side of the rump), this incision should be 2/3 of the length of the breast. Turn the chicken over and flatten it so that the breast is flat in line with the back. On a baking sheet, lay the chickens flat, skin side up with the sprigs of thyme and lemon juice.

#### Contiser

Run your finger gently under the skin to loosen it. Using a pastry bag filled with your herbal softened butter, stuff generously under the skin without piercing it.

Using your fingers, circulate the butter under the skin, so as to contain, always through the same incision.

## Cooking

Salt and pepper the chicken on each side then color it gently in a hot pan with oil.

Place it in a baking dish and finish cooking in the oven for about 40 minutes.

Do not hesitate to baste the chicken regularly with the melted butter at the bottom of the dish.

## On the plate

The serrated technique offers a nice presentation. do not hesitate to present your whole chicken before cutting it into 4 and serving on the plates of your choice. Taste!

**Bon appétit!**