

Spit roasted Cornish hen, fingerling potatoes with roasting jus, herbed mixed greens

Recipe for 4 persons

Description

Small chickens spit roasted in the oven over fingerling potatoes cooked in the roasting jus and accompanied by a mixed greens salad, tarragon and dill vinaigrette.

Note

If you do not have a spit roast, simply place your chicken on the baking sheet containing the potatoes to roast.

Ingredients

For the roasted Cornish hens and potatoes

- 2 Unit(s) Cornish hen
- 1 Unit(s) Lemon
- 4 Clove(s) Garlic
- 8 Sprig(s) Thyme
- 600 Gr Fingerling potatoes

- Vegetable oil
- Salt and pepper

For the mixed greens

- 4 Handful(s) Mixed greens
- 4 Sprig(s) Tarragon
- 4 Sprig(s) Dill
- 0.50 Unit(s) Lemon

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **75 mins**
- Preheat your **four** at **400 F°**

General preparation

Cut a lemon into 8 pieces. Zest the other lemon and juice. Chop half the thyme sprigs. Finely chop the dill and tarragon. Cut fingerling potatoes in two lengthwise. Toss fingerling potatoes with vegetable oil, season with salt and pepper and chopped thyme.

Cornish hen and potatoes preparation

Season the chicken cavity with salt and pepper then add a few pieces of lemon, whole thyme sprigs and garlic cloves. Sprinkle outside of chicken with vegetable oil and salt and pepper. Tie the chicken with butcher's twine. Skewer the chicken on a spit to roast. Place fingerling potatoes on a baking sheet under the chicken so that the roasting juices of the chicken fall on the potatoes. Roast in the oven about 45 minutes or until the internal temperature at the heart of the thigh reads 165 F, or when pricked, the juice comes out completely translucent. Let stand 5 minutes before cutting the chicken in half so that each guest receives a breast and a thigh. Keep warm.

Mixed greens preparation

Mix the lemon zest, lemon juice, chopped herbs, a pinch of salt and a drizzle of olive oil to create an herb vinaigrette. At the last minute, toss mesclun with the vinaigrette.

To serve

On your plate, place a portion of fingerling potatoes, half a chicken on top and a small portion of mixed salad on the side.

Bon appétit!