

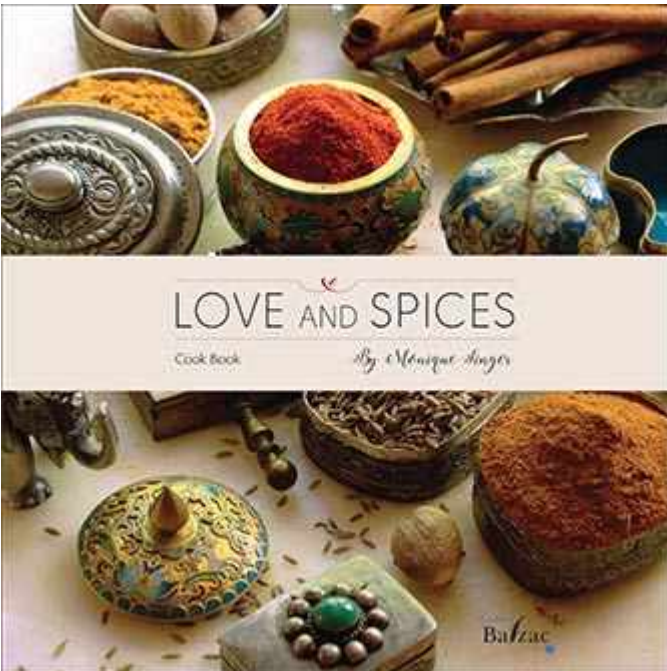


Love and Spices: Cornish Game Hens with Roasted Pears and Figs

Description

A nice change from the usual chicken and potatoes

Recipe by **Monique Singer**



Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her



~~grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.~~

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

Cornish Game Hens with Roasted Pears and Figs

Moist, flavourful and perfectly browned hens.

This dish is very easy to make.

Preparation time: 36 min | Cooking time: 1 hr 30 min | Preheat oven to 400°F/200°C | Yields: 6 servings

- 2 Cornish game hens
- 4 pears
- 8 fresh figs, whole
- 3 garlic cloves, crushed
- 2 tbsp virgin olive oil
- 2 tbsp Dijon mustard
- 1 tsp sea salt
- Freshly ground white pepper
- 4 sprigs rosemary
- 4 sprigs thyme

Place the Cornish hens in a deep glass ovenproof dish.
Rub all sides of the hen, with garlic, virgin olive oil and mustard.
Place 2 sprigs of thyme and rosemary inside the hens.
Sprinkle with salt and freshly ground black pepper. Set aside.
Wash the pears, cut them into quarters.
Remove the seeds, do not peel.
Arrange the pears and whole figs around the hens.
Add 2 sprigs of rosemary and thyme.

SAUCE

- 1 cup / 240 ml dry red wine
- 2 fresh figs, chopped
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 tbsp fig jam
- 1/2 tsp cayenne
- 2 sprigs thyme
- 2 sprigs rosemary
- Freshly ground pepper

In a saucepan, pour in the red wine, chopped figs, fig jam, rosemary, thyme, oil, cayenne, salt and pepper.



Simmer over low heat, stirring regularly, until smooth and reduced, about 15 minutes.
Pour the sauce over the hens and fruits.
Bake at 500°F/260°C for 1/2 hour.
Reduce the heat to 375°F/190°C, cover the dish with parchment paper then foil.
Cook for another 30 to 40 minutes, making sure to baste.

Can also be made with a large chicken.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world,

experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [Linkedln](#)



Category

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