

# preparation instructions

## canoe | cornish hen

### bbq

#### ontario whole roasted cornish hen

- 1 Remove the lid of the sumac + clay pepper butter. Place the container in the microwave for 2 to 3 seconds, or until butter is soft -- not melted. Throughout the cooking process, use the herb brush provided to brush softened butter onto the Cornish hen.
- 2 On a preheated barbeque, place the Cornish hen skin-side down for 3 to 4 minutes. Flip to cook on the other side for another 3 to 4 minutes. Cornish hen should be golden brown or charred.

#### locally foraged + farmed spring vegetables en papillote

*'En papillote' means any food wrapped in parchment paper and baked. This cooking method seals in the moisture and flavour. It's a great one-step method to cook veggies.*

Remove the aluminum foil parcel from the plastic bag; keep the foil parcel flat and level. Place the aluminum parcel onto a preheated barbeque, indirect heat. Cook for 12 to 15 minutes or until the parcel puffs up. Remove from the barbeque. Using scissors, cut open the parcel and carefully transfer the vegetables onto serving plates.

#### corn on the cob with black garlic + citrus butter

Place the corn, in husks, directly on a preheated barbeque. Routinely flip the corn, so it cooks evenly, for 10 to 12 minutes. Remove the corn from the barbeque and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.

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### oven

Preheat your traditional/conventional oven to 205°C/400°F.  
If you have a convection oven, preheat to 180°C/355°F.

#### ontario whole roasted cornish hen

- 1 Remove the lid of the sumac + clay pepper butter. Place the container in the microwave for 2 to 3 seconds, or until butter is soft -- not melted. Throughout the cooking process, use the herb brush provided to brush softened butter onto the Cornish hen.
- 2 Place the Cornish hen skin-side up onto a baking sheet on the top rack of the oven. Bake for 5 to 6 minutes. Turn the oven to broil and cook the Cornish hen until the skin is golden brown.

#### locally foraged + farmed spring vegetables en papillote

*'En papillote' means any food wrapped in parchment paper and baked. This cooking method seals in the moisture and flavour. It's a great one-step method to cook veggies.*

Remove the aluminum foil parcel from the plastic bag; keep the foil parcel flat and level. Place the aluminum parcel onto a baking sheet on the middle rack of the oven. Bake for 12 to 15 minutes or until the parcel puffs up. Remove from the oven. Using scissors, cut open the parcel and carefully transfer the vegetables onto serving plates.

#### corn on the cob with black garlic + citrus butter

Place the corn, in husks, onto a baking sheet in the oven. Cooks for 10 to 12 minutes. Remove the corn from the oven and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.

*all packaging is oven safe, once lid is removed. we are proud to use biodegradable packaging from world centric.*