

SAN DIEGO RESTAURANT WEEK

RECIPES

Cornish Game Hen (Joojeh Kabob)

Courtesy of Bandar

1 tsp ground saffron dissolved in 1/3 cup of hot water

1 cup fresh lemon juice

1 cup of olive oil

3 large onions, peeled and finely blended

3 cornish game hens, about 24 oz each

1 tbs of salt

½ tbs of ground white pepper

6 flat, sword like skewers

Preparation

1. Skin chicken, and then separate into 8 parts each.
2. In a large bowl, combine saffron water, olive oil, blended onions, salt, and pepper. Mix well with an eggbeater. Add the pieces of chicken and toss well with marinade. Cover and marinate for at least 2-8 hours.
3. Spear each chicken (8 pieces each) onto a skewer
4. Grill the chicken for 12-15 minutes, depending on the heat of the barbeque. Turn frequently and baste occasionally.
5. Check the chicken using a thermometer, or by cutting into a piece.
6. Paint the chicken with the baste mixture. Remove the grilled chicken from skewers and arrange the pieces on the plate. Squeeze lime juice onto chicken.
7. Serve immediately with rice, topped with saffron.

