
Huli Guava-Glazed Game Hens

Total time: 24 hrs 45 min Yield: 4

Ingredients

4 8 oz. whole game hens (halved)
1 1/2 cup guava jam
1/4 cup ketchup
1/4 cup butter (melted)
1/2 cup soy sauce
1/2 cup oyster sauce
3/4 tsp Chinese five spice
1 tsp Hawaiian salt
1 clove garlic (crushed)

Prep Time: 24 hrs Cooking Time: 45 min Total Time: 24 hrs 45 min

Instructions

Rinse the hens and pat dry.

Heat the guava jam in a small pot over low heat. Add the ketchup, butter, soy sauce, oyster sauce, Chinese five spice, salt and garlic and mix well; remove from heat and let cool.

Loosen the skin on the game hens and put into a large zip top bag. Add the guava marinade, seal the bag and refrigerate overnight.

Preheat the oven to 350°F. Remove the hens from the marinade and place them onto a baking sheet. Roast in the oven for about 35 to 40 minutes, basting occasionally with the guava marinade. Serve with garden fresh veggies and mac salad.

Recipe brought to you by:

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