

Spice-Roasted Cornish Hens with Cucumber-Yogurt Sauce

BY JILL SILVERMAN HOUGH BON APPÉTIT JUNE 2009

YieldMakes 6 servings

Ingredients

3 1 1/4 to 1 1/2-pound Cornish game hens, split lengthwise

1 tablespoon cumin seeds

1 tablespoon coriander seeds

1 3/4 teaspoons coarse kosher salt

1 teaspoon freshly ground black pepper

Olive oil

1/2 cucumber, peeled, cubed

1/2 cup plain whole-milk yogurt

12 fresh cilantro sprigs

4 garlic cloves, peeled

2 tablespoons sour cream

Preparation

Position rack in top third of oven; preheat to 450°F. Arrange hens, skin side up, on large rimmed baking sheet. Finely grind cumin and next 3 ingredients in spice mill.

Brush hens with oil. Sprinkle on both sides with spice mixture. Roast hens until cooked through, about 35 minutes.

Meanwhile, combine all remaining ingredients in processor. Blend until almost smooth. Season sauce with salt and pepper.

Place hens on plates. Serve with sauce.