



Steelers

THANKSGIVING RECIPES



RECIPE: Cornish hens & cornbread gibleet dressing for 8

FROM THE KITCHEN OF: Angel Roberts, wife of tight ends coach Alfredo Roberts

INGREDIENTS:

4 Tyson Cornish Game hens

1 package of chicken gibleets (boiled, seasoned & finely chopped)

4 boxes of Jiffy cornbread mix

1 qt of chicken stock as needed for moisture

1 yellow onion chopped

1 small green bell pepper chopped

3 celery stalks trimmed & chopped

5-6 garlic cloves minced

1-2 eggs raw to mix in dressing before cooking

All seasoning to taste:

Poultry Seasoning (to taste)

Lawry's season salt (to taste)

garlic salt, garlic power, onion powder

INSTRUCTIONS:

Wash Game Hens and season with olive oil, season salt, pepper, garlic salt and powder set aside

Combine all boxes of jiffy cornread and follow box ingredients when done crumble cornbread into a bowl mix

in the following: cooked gibleets, eggs, onion, garlic, celery, green pepper. Stir in the chicken stock for

moisture and use // add ALL dry seasoning to taste. ** Mixture should not be runny but moist ** (next page)



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INSTRUCTIONS (CONTINUED):

Take your cornish hens and stuff each with the dressing and place in a 2 x 2 fashion in the baking pan.

Add the rest of the dressing to the pan surrounding all of the hens equally.

Bake covered for 45 min. @ 350 degrees and uncovered for approximately 20-25 min same temperature.

You want the cornish hens to brown and the dressing to dry out a little more. sometimes I broil for 5-8 min on high to help hens brown fast so I won't dry out the dressing.

Take out of oven and serve!