

# Seasonal Sensations from Ontario's Sommeliers

## Rustic Mediterranean Style Cornish Hen

"From time to time, although never often enough, Michael and I get together under the pergola in my backyard to break bread and pull corks around the BBQ, exploring the affinity between food and wine. Michael supplies the food, dreaming up clever recipes that seem like they've taken hours to produce (usually accomplished by some pre-prep, though little time is actually needed), drawing on culinary traditions from around the globe. I supply the wine, or rather wines, as it usually takes a few tries to find the ideal match. We'd like to share the results of our very serious investigations - it's given us enormous pleasure over the years, and we hope the same for you. Good appetite!"

- John Szabo, Master Sommelier, @johnszabo  
Michael Pataran, Chef, @MichaelPataran

### INGREDIENTS:

4 tbsp olive oil  
(2 cloves) minced garlic  
½ Vidalia onion, fine dice  
½ tbsp fennel seed  
1 tbsp chopped parsley  
1 tbsp chopped thyme  
Zest of 1 lemon  
Pinch of salt

### INSTRUCTIONS:

1. Take a butterflied (spatchcocked) Cornish hen and marinate in olive oil, garlic, onion, fennel seed, chopped parsley and thyme, lemon zest and pinch of salt in a zip lock bag. Let sit overnight in the fridge.
2. Remove from fridge ahead of time to bring to room temperature. Grill breast side down over medium-hot coals (not too hot; be careful not to burn the skin), about 8-10 minutes, until skin is nicely rendered and crispy. Flip and continue cooking until done, approximately, 8-10m.
3. Serve with half-grilled lemon and freshly cracked black pepper along with your favourite sides. Quinoa salad (roasted corn and pepper quinoa salad or couscous are nice options.)



**Pair with a medium-full bodied, lively, savoury, lightly oaked, mineral chardonnay is ideal.**

John Szabo suggests:  
Closson Chase 2012 Closson Chase  
Vineyard Chardonnay

**#WINEPAIRING**