

Dijon Style Cornish Hens with Mustard Sauce

Servings : 2

Amount	Measure	Ingredient - Preparation Method
1	rib	celery - chopped
1	large	carrot - peeled and chopped
1	large	red onion - sliced
2		Cornish game hen
		salt and pepper
2	cloves	garlic
1/2	cup	dry white wine
2	tablespoons	dijon mustard
2	tablespoons	whole grain mustard
2	tablespoons	flat leaf parsley - chopped
1	tablespoon	butter

Scatter vegetables in a slow cooker. Sprinkle hens inside and out with salt and pepper. Tuck a garlic clove inside each hen. Place hens in slow cooker. Pour wine around hens. Cover and cook on low for 6-8 hours.

Remove hens to serving platter. Cover and keep warm.

Strain cooking liquid into medium saucepan. Bring to a boil and cook over med-high heat until slightly reduced. Turn heat down and whisk in mustard. Stir in parsley and butter. Pour over hens.

Description: "poultry"