



## **Erick Williams' Tabasco-Brined Cornish Hens**

*Serves 4*

### **INGREDIENTS**

**1/2 gallon water**  
**1 cup brown sugar**  
**1/2 cup kosher salt**  
**1/2 cup Tabasco sauce**  
**1/2 gallon ice**  
**4 Cornish hens**

### **DIRECTIONS**

- 1.** Place water, sugar, and salt in a very large pot and bring to a boil. Turn off heat and when mixture stops boiling, add Tabasco and stir. Add ice to cool the brine.
- 2.** When ice melts, submerge birds in brine.
- 3.** Cover and transfer the entire pot to the refrigerator. Brine overnight or for about 8 hours.
- 4.** When ready to cook, preheat oven to 400°F. Remove birds from brine and dry them completely. Allow them to come to room temperature, about 30 minutes.
- 5.** Place the hens in the oven on a roasting pan with a rack. Rotate the pan halfway through cooking.
- 6.** Check hens 40 to 50 minutes into roasting and see if juices between the thigh and leg run clear (absent of blood). If not, cook an additional 10 minutes or until they run clear. If they do, remove from heat and allow to rest for 5 to 10 minutes.



## **Erick Williams' Tabasco Mustard Greens**

*Serves 4*

### **INGREDIENTS**

**5 medium bunches mustard greens**  
**2 tablespoons canola oil**  
**3 tablespoons granulated sugar**  
**2 teaspoons seasoned salt**  
**1/4 cup white wine**

**1/4 teaspoons garlic powder**  
**1/4 teaspoons paprika**  
**2 tablespoons mustard**  
**1 cup finely chopped onion**  
**4 teaspoons Tabasco sauce**  
**1/2 teaspoon cider vinegar**

### **DIRECTIONS**

- 1.** Start by pulling and tearing greens away from stems. Working one handful at a time, roll leaves up and cut rolls in half horizontally, resulting in medium-size pieces.
- 2.** Add greens to clean, empty sink and wash them under cold running water. Rinse all grit, sand, and debris thoroughly until water becomes clear.
- 3.** Heat canola oil in a large pot. Once the oil is hot, add onions and cook, stirring, until they are soft. Add greens and about 2 cups water.
- 4.** Add all other ingredients except Tabasco sauce and vinegar to the pot. Cover and cook on medium-low heat for 40 minutes, removing the lid to stir every 10 minutes. After 40 minutes, raise heat to medium-high and cook until greens are completely tender and excess liquid has cooked down (most of liquid should be gone).
- 5.** Add Tabasco sauce and vinegar and stir well to combine. Allow greens to settle for about 10 minutes before serving.