

# Chai Cornish hen

2 - 4          Cornish game hens, thawed

8oz            Chai sauce

## CHAI SAUCE

4 tsp          Masala chai tea

1 cup          Corn syrup

1/3 cup        Brown sugar

½ cup         water

Place the Masala Chai Tea in a cup and pour in 1/2 cup of boiling water. Steep for 7 - 10 minutes. Strain the tea leaves.

Add the Chai tea concentrate to a saucepan with corn syrup and brown sugar. Mix well.

Bring the sauce to a boil. Let cool.

Pour the Chai sauce over the Cornish game hens and bake at 300°F, approximately 40 - 60 minutes.

During baking, baste hen 2 to 3 times with the Chai sauce. For an added touch, stuff hens with Chai stuffing before applying Chai sauce and baking.