



STUFFED CORNISH HENS WITH SWEET SAUCE

Stuffing:

- 2 Cornish Game Hens
- 1 pkg wild rice
- ¼ cup raisins
- ¼ cup diced celery
- ¼ cup diced onion
- Tbsp of rosemary
- ¼ cup water
- 1 tsp chicken bouillon
- ¼ cup pine nuts
- ½ - 1 cup chopped apple
(desired amount)

Sweet Basting Sauce:

- 1 tbsp brown sugar
- ¼ tsp cinnamon
- 1 tbsp lemon juice
- 1 tbsp honey
- 1 cup apple juice
- 3-4 tsp cornstarch

Cooking Directions:

- Preheat oven to 350 degrees.
- Cook rice as instructed on package and set aside.
- In a saucepan at medium to high heat, combine water, bouillon, celery and onions. Once mixture begins to boil add wild rice, raisins, pine nuts, apple and rosemary. Stir lightly until liquid is completely absorbed. Remove from heat.
- Sprinkle hens inside and out with sea salt. Stuff hens with rice mixture and secure tightly.
- Place hens in 1-2 inch deep baking pan in the oven.
- Combine all sauce ingredients in a saucepan over medium heat until mixture is thick and bubbling. Remain stirring for 2 more minutes. Remove from heat.
- Bake hens for 1 hour then cook for an additional ½ hour while basting every 10-15 minutes.
- Remove from oven. Serve hens over rice stuffing.