



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Ginger-Orange Glazed Cornish Hens

Prep Time: 10 mins

Cook Time: 45 mins

Total Time: 55 mins

Ingredients

- 1 large onion(s), cut into 1/2-inch rounds
- 1 large orange(s), cut into 1/2-inch rounds
- 2 whole hens, cornish, whole, about 1 1/2 pounds each, cut in half, backbone removed
- 1 tablespoon oil, olive, extra virgin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 1/4 cup(s) orange marmalade
- 2 teaspoon ginger, fresh minced
- 1 teaspoon tarragon, dried
- 1/8 teaspoon pepper, cayenne
- 2 tablespoon water
- 1 dash(es) cooking spray, to coat baking sheet



Preparation

1. Preheat oven to 450°F. Coat a roasting pan or rimmed baking sheet with cooking spray.
2. Place onion and orange rounds in the pan. Place hens, skin-side up, on top; rub with oil and sprinkle with salt and pepper. Bake the hens until the juices run clear and an instant-read thermometer inserted in the center of the breast registers 170°F, 30 to 35 minutes.
3. Meanwhile, combine marmalade, ginger, tarragon and cayenne. Remove hens from oven.
4. Set oven to broil and place a rack 6 inches from the heat source. Brush the hens with marmalade mixture. Broil until glaze is lightly browned, 2 to 3 minutes.
5. Transfer the hens to a serving platter or plates. Remove all but one orange slice from the pan and place over medium heat.
6. Add water and bring to a simmer, using the orange slice as a spatula to scrape up any browned bits. Pour this pan sauce over the hens.