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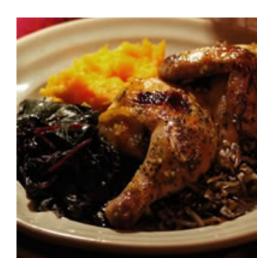


## Ginger-Orange Glazed Cornish Hens

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



- 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 instantread 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.