

SPOTLIGHT RECIPE



CORNISH HENS WITH WILD RICE AND APPLE GLAZE

- Cook the rice in the chicken broth for 40 minutes with the lid on. After it has cooked, remove it from the heat and let stand for 5 to 10 minutes with the lid on, then fluff with a fork.
- In a small saucepan, combine the apple juice, cornstarch, brown sugar and cinnamon. Cook and stir over medium heat until thickened and bubbly.
- Cook and stir for another minute. Remove the apple glaze from the heat.
- Heat the oil in a large pan and sauté the celery, mushrooms, onion and garlic until soft. Add the teriyaki and soy sauces. Remove from the heat. Fold the rice into the vegetables until well mixed. Set the rice stuffing aside.
- Heat the oven to 375 F.
- Season the hens with salt and pepper.
- Place the rice stuffing in a baking pan, then place the hen halves on top, cut side down.
- Brush the hens with the apple glaze and cook for 40 minutes or until the internal temperature reaches 165 F. Baste every 15 minutes.
- Serve 1/2 hen per person.

Ingredients

Servings: 12

- 1 1/2 cups wild rice
- 3 cups chicken broth
- 3 cups apple juice
- 4 tablespoons cornstarch
- 3 tablespoons dark brown sugar
- 3/4 teaspoon ground cinnamon
- 1 1/2 tablespoons canola oil
- 4 ounces celery, thinly sliced
- 6 ounces mushrooms, sliced
- 1 onion, chopped
- 3 garlic cloves, crushed
- 3 tablespoons teriyaki sauce
- 1 1/2 teaspoons less-sodium soy sauce
- 6 Cornish hens, split
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Side dishes

- Wild-Rice Stuffing (from the recipe)
- Zucchini and Tomatoes

