



GLAZED CORNISH HENS WITH COUSCOUS STUFFING

Melt in a large saucepan over medium heat:

2 tablespoons butter

Add and cook, stirring, until tender, about 5 minutes:

1/2 small onion, finely chopped

Stir in:

1.5 cups chicken stock or broth

1.5 cup finely chopped dried apricots

(1 tablespoon chopped salt-preserved lemons)

1/2 teaspoon salt

1/4 teaspoon black pepper

Pinch of ground cinnamon

Pinch of ground ginger

Bring to a boil and stir in:

1 cup quick-cooking couscous

Remove from the heat, cover, and let stand for 5 minutes. Fluff with a fork and stir in:

1/2 cup chopped toasted pistachios

1/4 cup minced parsley

Preheat the oven to 425°F. Remove the neck and giblets from **four 1-to-1.5 pound Cornish hens**. Sprinkle all over with Salt

Stuff each bird with 1/2 cup of the prepared couscous stuffing. Arrange the birds breast side up on a rack set in a shallow roasting pan. Roast for 25 minutes.

Heat in a small saucepan over low heat and stir until smooth:

1/3 cup orange marmalade

2 tablespoons soy sauce

Set aside. Take the roasting pan out of the oven and brush the birds generously with the glaze. To prevent smoking, pour 1/8-inch water into the roasting pan. Return the birds to the oven and roast until the internal temperature of the thickest part of the thigh reaches 170°F and the stuffing reaches 165°F, 15 to 20 minutes. If the glaze starts to burn, tent the birds with foil. Transfer the birds to a platter and let stand 10 minutes before serving.

