

STUFFED CORNISH HENS WITH WILD RICE

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1½ cups hot water 375 ml

1 can frozen orange juice 1

(6 oz.) concentrate, defrosted (170 g) and divided

1 package long grain and 1

(6 oz.) wild rice mix (170 g)

4 slices bacon, cooked and 4 crumbled

4 Cornish hens 4

(1 lb ea.) (500 g ea.)

1/3 cup honey 75ml

Procedure:

1. In a 2-quart (2 L) casserole, combine water, 1/4 cup (50 ml) orange juice concentrate and rice.
2. Cover with lid.
3. Cook at **P7** 6 minutes and at **P4** 20 – 25 minutes, or until rice is tender; stir in bacon.
4. Stuff hens with rice mixture. With cotton string, tie legs together.
5. Place hens in a 2½-quart (2.5 L) shallow oval casserole dish.
6. Cook, covered with , at **P7** 35 - 40 minutes, or until hens are done.
7. Meanwhile, combine remaining orange juice concentrate and honey.
8. Brush hens every 10 minutes.
9. Let stand, covered, 10 minutes before serving.