

# Honey Cornish Hens



Serves 6

6 Cornish game hens, bone~in, about 3/4 pound each

4 garlic cloves, chopped

1 ginger root piece, 1" long, peeled and chopped

1/2c soy sauce

1/2c honey

2T peanut oil

2T orange juice

1T orange zest, minced

2 oranges, cut into 6 segments each

Rinse meat, trim off excess fat, and pat dry; place in bowl and set aside.

Put garlic and ginger in food processor and process until nearly smooth.

In another bowl, combine soy sauce, honey, oil, orange juice and zest. Add the garlic and ginger. Pour mixture over meat, coating well. Refrigerate overnight, turning meat in marinade several times.

Preheat oven to 350 or heat grill to medium~high heat.

Place meat in shallow roasting pan. Stuff with orange segments and pour marinade on top. Bake for 1 hour, basting every 15 minutes. Or, grill basting every 10 minutes until done.

Remove meat to serving platter. Pour cooking juices into small, heavy saucepan and boil for 4 minutes or until sauce thickens. Pour over meat just before serving.

## Prepare Ahead Tip

Prepare marinade up to 48 hours in advance. Marinate game hens or chicken up to 24 hours in refrigerator.