

Comox Valley Cornish Game Hens with Barley, Pine Nut and Dried Cherry Stuffing

Hens

4 2–2 ½ pound Cornish game hens

Stuffing

1 cup dried pearl barley, rinsed

3 cups chicken stock

1T butter

½ onion, diced

¼ cup pine nuts

¼ cup dried cherries

2 tsp. chopped fresh thyme

1 ½ tsp. chopped fresh sage

¼ cup white wine

zest of one lemon

2T melted butter

Salt and pepper to taste

Preheat oven to 350°. Hens don't need to be trussed, but the legs can be tied together with butcher's twine or the cavity can be closed with a small skewer.

Cook barley in chicken stock until tender, about 40 minutes. Drain. In a frying pan, melt first amount of butter and sauté onion until tender, about 5 minutes. Toss barley and onion together with pine nuts, cherries, herbs, wine, zest, melted butter and salt and pepper. Fill hen cavities with stuffing.

Place stuffed hens in a roasting pan, leaving an inch or two between birds and roast for 1 hour to 1 hour and 15 minutes until a thermometer reads 170° in the thickest part of the thigh.

Untie legs or remove skewers. Let birds stand for 5 to 10 minutes and cut in half.

Anne Ward – Recipe from *Inn on the Twenty Cookbook* by Anna & Michael Olson

