



## **Cornish Hen with Fruited Barley Filling**

*A beautiful and sumptuous entree for two*

1 Cornish game hen (1-1/2 pounds)

Salt and pepper

### **Fruited Barley Filling:**

1/2 cup pearl barley

1 cup chicken broth

1/2 cup orange juice

1/2 teaspoon grated orange peel

2 teaspoons finely chopped crystallized ginger

1/4 teaspoon ground cumin

1/4 cup raisins

1/4 cup chopped apple

2 tablespoons chopped walnuts

### **Orange Glaze:**

1 tablespoon orange marmalade

2 teaspoons white wine

1/2 teaspoon Dijon-style mustard

Defrost game hen, if frozen. Rinse and pat dry with paper towel.

Sprinkle inside of hen with salt and pepper; refrigerate until ready to fill.

**Fruited Barley Filling:** Combine barley, chicken broth, orange juice and peel, ginger and cumin in saucepan. Bring to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Add raisins, apple and walnuts; stir with fork to mix.

**Orange Glaze:** Mix together orange marmalade, wine and mustard.

**To stuff hen:** Spoon barley filling into hen cavity. Spoon any remaining filling in bottom of buttered baking dish. Place stuffed hen,

breast-side up, on top of filling in baking dish. Bake in 375° F oven for 30 minutes. Brush hen with Orange Glaze; bake 30-40 minutes longer, brushing once or twice more with glaze. To serve, cut game hen in half with poultry shears. Serve extra filling on the side. Makes 2 servings.

Per serving: calories 584, protein 48g, fat 12g, carbohydrates 72g, cholesterol 120mg, fiber 10g, sodium 530mg.

***For more barley information and recipes, visit [www.barleyfoods.org](http://www.barleyfoods.org).***