

Apricot Glazed Cornish Game Hens

Hens (one for each person)

Stuffing (optional - wild rice or your favorite stuffing)

1 12 oz. jar apricot preserves

4 Tbsp. butter/margarine

1 12 oz. can apricot nectar or 1/3 c. orange liqueur

Preheat oven to 350°, wash hens, inside and out [resist the urge to play with them, making them dance and perform for you =)]. Stuff with your favorite stuffing (optional). Fold wings back and if you stuff them, tie legs together. Season outside with salt & pepper.

Place hens, breast UP in a large shallow baking pan **NOTE: try to put them on a wire rack so they don't sit in all the glaze while cooking... they will be intense anyway, but if you wish, sit them directly on the pan.

In a small saucepan, combine apricot preserves, butter/margarine and nectar/liqueur. Heat until blended. Baste hens frequently with glaze.

Bake until done.