



*If you're stuffing a bird, I'd love to join you for dinner.*

**LATOUR PINOT NOIR**

Aromas of cherry and candied raspberry with strawberry and red fruit flavours. Nice acid balance with a sour cherry finish. Serve slightly chilled with roast turkey, grilled salmon, duck or game birds.

**\$18.45**

**750 mL**

**LCBO 69914**

**FRANCOIS SAYS:**

"The sour cherry and red fruit notes of this wine complement the bittersweet cranberry and balsamic glaze."



*Roast Cornish Hens with Cranberry Balsamic Glaze*

**BY LUCY WAVERMAN**

Choose fresh hens – rather than frozen ones – if they are available as they are juicier and have a finer texture. A wonderful main course with crackling skin and herbal meat offset by the rich sweetness of the glaze and sauce. Use one small hen, or half a large hen per serving, although you may want to make extra in case somebody wants seconds. Serves 4 (the recipe easily doubles).

**4 Cornish hens**

- 1/4 cup (50 mL) butter, softened
- 1/4 cup (50 mL) chopped green onion
- 1 tsp (5 mL) finely chopped garlic
- 2 tbsp (25 mL) chopped parsley
- 2 tbsp (25 mL) chopped fresh chervil or tarragon
- 1 tsp (5 mL) grated lemon rind
- Salt and freshly ground pepper
- 1 tbsp (15 mL) olive oil

**Glaze:**

- 1/2 cup (125 mL) balsamic vinegar
- 1 tsp (5 mL) sugar
- 1/2 cup (125 mL) cranberry juice
- 2 tbsp (25 mL) melted butter

**Sauce:**

- 2 tbsp (25 mL) chopped shallots
- 1/2 cup (125 mL) red wine
- 1/2 cup (125 mL) cranberry juice
- 1 cup (250 mL) chicken stock
- 3 tbsp (45 mL) chilled butter, cubed
- Salt and freshly ground pepper

- 1.** Remove backbones from hens by cutting along either side with kitchen shears. Use a knife to cut through the small piece of cartilage above the breastbone. Bend the hen backward to expose breastbone, and remove gently. Reserve bones for stock or discard.
- 2.** Beat together butter, green onion, garlic, parsley, chervil, lemon rind, salt and pepper. Loosen hen skin with fingertips and gently push stuffing under skin, distributing it as evenly as possible.
- 3.** Heat olive oil in a non-stick skillet on medium-high heat. Season hens and place, one at a time, skin side down in skillet. Cook 3 minutes or until golden, turn over and cook 1 more minute. Remove to rack over roasting pan, skin-side-up. Reserve skillet.
- 4.** For glaze: combine vinegar, sugar and cranberry juice on medium heat. Bring to boil, lower heat and reduce slowly for 15-20 minutes, until it forms a thin syrup.
- 5.** Preheat oven to 400°F (200°C). Brush hens with melted butter and bake 10 minutes. Brush with glaze. Bake another 20-25 minutes, basting every ten minutes or until juices are clear.
- 6.** Wipe out skillet and use to make sauce. Combine shallots, red wine and cranberry juice on high heat. Bring to boil and reduce until syrupy, 3-5 minutes. Add stock and continue to cook until reduced by half, about 3 minutes. Remove from heat and beat in butter - sauce will thicken slightly. Season with salt and pepper. Warm gently when needed.
- 7.** Cut hens in half. Prop halves against each other on plates and coat with a little sauce. Drizzle plate with any remaining glaze.