

Cornish Game Hens, Orange Sauce

2-1 1/2 lb. Rock Cornish Hens, halved lengthwise and rinsed
2 tbsp. veg. oil
1/2 cup marmalade
1 tbsp. soya sauce
1/4 tsp. salt
juice of 1 orange
2 tbsp. margarine
2 tbsp. flour
1/2 cup chicken stock
1/4 cup Madeira
extra orange juice
salt and fresh ground pepper to taste

Pat the hens dry. In a heavy skillet heat the oil over moderately high heat until it is hot and in it brown the hens, turning them often to brown as evenly as possible. Transfer browned hens to an ovenproof dish or roasting pan. Pour most of the oil off the skillet and deglaze it with a mixture of wine, 1/2 cup orange juice and chicken stock. Reserve this liquid.

Mix the marmalade, soya sauce and salt together and heat.

Heat oven to 425F.

Put hens in the ovenproof pan. Pour 1/2 cup orange juice over and baste the birds with the marmalade-soya mixture. Put in oven and reduce heat to 375F. After 10 minutes, baste again. Add a little orange juice, if needed, to the pan. Cook 10 minutes more and repeat. Repeat every 10 minutes for a total of 40 minutes, reducing the heat to 350F for the last 10 minutes. When done, remove hens to a platter. Pour orange-wine-stock mix into pan and deglaze. Save for sauce.

Melt margarine in a saucepan. Add flour, stir and lightly brown. Add reserved liquid + 1/2 cup orange juice and stir. Cook 10 minutes. Add remaining soya-marmalade mix and stir. Cook 10 minutes more. If too thick dilute with a little orange juice or wine, depending on taste. Season with salt and pepper to taste. Serves 4.