



Roast Cornish Game Hens with Orange Teriyaki Sauce Roasted Root Vegetables

- 1 cup thick Teriyaki glaze sauce
- 1 cup orange juice
- 4 scallions, chopped
- 2 tablespoons grated orange peel
- 1 tablespoon minced ginger
- 2-1 pound Cornish game hens

Combine first five ingredients in a bowl and set aside. Place two game hens in a large zip lock bag. Pour sauce over hens and close. Marinate (not in refrigerator) for about an hour.

Meanwhile prepare root vegetables for roasting.

- ¼ cup olive oil
- ½ cup balsamic vinegar
- 3-4 sprigs of rosemary, snipped with a scissors
- 4-5 cloves of garlic, minced
- Salt and pepper to taste
- 3 carrots, peeled and cut into large chunks
- 3-4 Yukon gold potatoes, peeled and cut into large quarters
- 5-6 shallots, peeled and halved
- 2-3 cups broccoli florets, separated
- 1-2 cups Brussels sprouts, trimmed and halved
- 1 cup whole cherry or grape tomatoes

Mix first five ingredients together in a small bowl and set aside. Place vegetables in a large zip lock bag. Pour olive oil and balsamic vinegar mixture over the vegetables. Season liberally with salt and pepper.

Heat oven to 400°F. Put a rack in a large roasting pan and spray it all with PAM. Remove the Cornish game hens from the bag and pour reserved marinade into a bowl. Place the hens on rack and then spread prepared vegetables in the pan around them. Roast in oven for about an hour, basting with reserved marinade about every 15 minutes. When the hens are golden brown, prick one of the legs and the breast to check for doneness. If juices run clear, the hens are cooked through. Remove from oven and let the hens rest for about 10-15 minutes before cutting. Stir vegetables to mix with the pan juices. Cut in the hens in half and place on a plate. Spoon root vegetables around; serve it up and enjoy.

Here are the recommended wines:

Santa Reserva Ema Merlot, 2007 **\$12.99/bottle**

Hanging Vine Pinot Noir, 2008 **\$14.99/bottle**

Buehler Vineyards Zinfandel, 2008, **\$19.99/bottle**