

# Couscous-Stuffed Cornish Hens

Recipe By *Sina Mizrahi*



Cooking and Prep:   
2.5 h

Serves:  8

Contains:   

Preference: Meat

Difficulty: Medium

Occasion: Purim, Sukkot

Source: Relish by Binah  
Magazine

The Cornish hen's skin is nicely bronzed by the honey, giving way to tender, juicy meat inside. The stuffing is a soft, pillowy couscous laced with sweet dates, almonds, and cranberries. The textures and flavors come together beautifully to create a remarkable dish. And of course, the serving size is undeniably cute.

## Ingredients (13)

### Couscous stuffing

- 2 cups **Gefen Couscous**, uncooked
- 1 teaspoon salt
- 2 and 1/2 cups boiling water
- 1 tablespoon **Bartenura Olive Oil**
- 1 cup almonds, chopped
- 1 cup **Gefen Sweetened Dried Cranberries**

6-8 dates, chopped

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## Cornish Hens

8 Cornish hens

salt, to taste

pepper, to taste

1-2 cloves garlic

1/3 cup **Bartenura Olive Oil**

1/2 cup **Gefen Honey**

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## Start Cooking

### To Prepare the Couscous

1. Place the couscous and salt in a medium-sized heatproof bowl.
2. Add the boiling water and cover, allowing the couscous to absorb the liquid, approximately 15 minutes.
3. Once ready, add the oil and fluff well with a fork.
4. Add the almonds, cranberries, and dates and mix well. Preheat oven to 350°F.

### Prepare the Cornish Hens

1. Place the Cornish hens in a large baking dish.
2. Stuff each cavity with the couscous mixture and tie the legs with twine.
3. Season the hens generously with salt and pepper. Place the garlic around the Cornish hens, and pour the olive oil over them. Spoon the honey over the skin of each hen and rub well with gloved hands.
4. Bake uncovered at 350° F for 1 hour.
5. Rotate the pan and bake for another 45 minutes, basting every 15 minutes or so. The Cornish hens are ready when the skin is nicely browned and cooked through. (If the pan doesn't have enough liquid for basting, combine 1 tablespoon honey with 3 to 4 tablespoons water and use

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