

# Updated Passover

## March 2010

### Menu:

Spice-Rubbed Game Hens with Port Soaked Cherries  
Pistachio-Mint Rice Pilaf  
Lemon-Honey-Basil Glazed Beets & Carrots  
Macaroons with Chocolate Drizzle

## Spice-Rubbed Game Hens with Port Soaked Cherries

serves 4

### for the hens:

4 game hens, (or Cornish Hens)  
1 tbl smoked paprika  
1 orange, zested then sliced into thick rounds  
2 tbl dried oregano  
1 tbl salt  
olive oil  
1 white onion, sliced into thick rounds  
1/2 cup garlic cloves

### for the sauce:

2 cups dried cherries, roughly chopped  
3 sprigs thyme  
1 orange, zested and juiced  
3 cups port wine  
1/2 cup honey

### \*\*\* Preparation \*\*\*\*

#### For the hens:

Preheat oven to 400 degrees.

Use kitchen shears or sharp scissors to cut the back bone out of each hen. Spread the bird open and press down to flatten. Use a large, sharp knife to cut down the breast bone, creating two halves.

In a small bowl, stir together the paprika, orange zest, oregano, salt and enough olive oil to create a paste. Rub the halved hens with the spice rub on all sides.

Scatter the orange slices, onion slices and garlic cloves on the bottom of a baking dish and place the hens on top, skin-side-up.

Roast for about 45 minutes or until a meat thermometer reads 160 degrees in the breast area. Remove from oven and let rest.

#### For the sauce:

In a saucepan, combine the cherries, thyme, orange zest and juice, port and honey. Bring a boil, reduce heat and simmer for 20 minutes or until sauce is reduced and slightly thickened. Season with salt and pepper. Add any juices that are in the bottom of the roasting pan when the hens come out of the oven.

Serve the hens topped with some of the sauce.

---

## **Pistachio-Mint Rice Pilaf**

### **serves 6**

olive oil

4 scallions, whites & greens sliced and separated

2 cups basmati or jasmine rice

3 cups chicken stock, plus more as needed

1/2 cup mint

1/2 cup toasted pistachio pieces

salt and pepper

### **\*\*\* Preparation \*\*\*\***

Heat a medium pot over medium-high heat. Add olive oil to lightly coat the bottom of the pan. Add the WHITES of the scallions and cook for just a minute until tender. Add the rice and cook for another minute until all of the grains are coated. Add enough stock to cover the rice by about 1-inch. Stir once. Bring to a boil, reduce heat to simmer and cover. Cook for 15 minutes. Remove pot from heat and let sit 10 minutes.

Meanwhile, combine the GREENS from the scallions, the mint and pistachios in a small food processor. Pulse until finely chopped, adding some olive oil to create a thick pesto. Season with salt and pepper.

Just before serving, toss the rice with the mint mixture.

## Lemon-Honey-Basil Glazed Beets & Carrots

**serves 6**

4 large carrots, peeled and cut into 1/4-inch biased rounds

6 golden beets, (or use Candy Stripe beets)

olive oil

1/3 cup honey

salt and pepper

1 lemon, zested

1/4 cup chopped basil

### **\*\*\* Preparation \*\*\*\***

Peel the beet and cut them into quarters (or smaller wedges as needed so they are similarly sized to the carrots).

Heat a large saute pan over high heat. Add olive oil to lightly coat the bottom of the pan. Add the carrots and beets and cook for about a minute. Add about 1/3 cup water and cover. Let cook for 5 minutes until just barely tender.

Remove lid and stir in the honey, some salt and pepper. Let cook, bubbling, for a few more minutes until the water has evaporated and the honey has created a glaze. Stir in the lemon zest and basil. Add more salt and pepper as needed.

---

## Macaroons with Chocolate Drizzle

**makes 12-14 cookies**

4 egg whites

1/4 cup sugar

1 tsp vanilla paste

1/2 tsp almond extract

3 cups sweetened flaked coconut

6 oz bittersweet chocolate

### \*\*\* Preparation \*\*\*\*

Preheat oven to 300 degrees.

Line a baking sheet with foil and spray lightly with cooking spray.

In a bowl, gently whisk together the egg whites, sugar, vanilla and almond extract -- just until foamy. (Don't whisk to create white peaks). Stir in the coconut.

Drop mounds of the mixture onto the foil -- making 12-14 cookies.

Bake until golden in places, about 15 minutes. Let cool slightly before gently removing foil from baking sheet. Let cookies cool completely on foil.

Meanwhile, in a bowl over a pot of simmering water, melt the chocolate. Once melted, remove from heat.

Dip the cooled cookies half-way into the chocolate OR dip a whisk in the chocolate and drizzle over the top of the cookies. Let cool completely so the chocolate can set before serving.