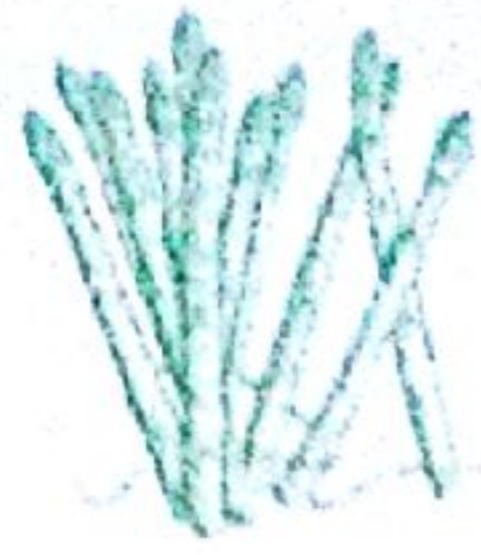


WINGED GAME / MOROCCO

Tageen of Cornish Hens in Honey Sauce with Apricots

Tageens are a specialty in Moroccan homes. The word tageen refers to the savory stew as well as the earthenware platter with a conical lid in which it is served. Moroccan-born Kitty Morse, author of Come with Me to the Kasbah: A Cook's Tour of Morocco, offers this recipe using Cornish hens in place of the traditional pigeons. For variations, she suggests trying other seasonal fruits, such as figs, instead of the apricots. Because each serving is a whole bird, the calorie and nutrient levels of this recipe are very high, but most people will not eat the wings, skin and some meat, so actual intake will be lower. Since the tageen is rich and the portions generous, serve it with simple cooked rice or couscous.



- 3 tablespoons olive oil
- $\frac{1}{8}$ teaspoon Spanish saffron, crushed
- 1 teaspoon turmeric
- 4 small Cornish game hens, 12–16 oz (375–500 g) each
- 3 onions, thinly sliced
- 1 cup (1 oz/30 g) parsley, chopped
- $\frac{3}{4}$ cup (6 fl oz/180 ml) chicken stock (see glossary)
- 1 lb (500 g) ripe apricots, halved and pitted, or $\frac{1}{2}$ lb (250 g) dried apricots, soaked in water for 20 minutes
- $\frac{1}{2}$ cup (6 fl oz/185 ml) honey
- salt and freshly ground black pepper to taste
- $\frac{1}{4}$ cup ($1\frac{1}{4}$ oz/35 g) whole blanched almonds, toasted (see glossary)

1. In a small bowl, mix the oil with the saffron and turmeric. Pat this mixture onto the hens, and place them in a small Dutch oven or large pot with a cover.

2. Add half of the onions, half of the parsley and the stock. Cover, and cook over low heat on a stove until the hens are tender, about 1 hour. Transfer the hens to a platter, and keep warm, reserving the sauce.
3. Set aside 8–10 apricot halves for garnish. Bring the sauce to a boil. Add the remaining apricots, onions and parsley and the honey. Cook over medium heat until the sauce is reduced by a third, about 10 minutes. Season with the salt and pepper.
4. To serve, pour the sauce over the hens, and garnish with the reserved apricots and the toasted almonds.

Serves 4

1 hen per serving: Calories 790, Protein 53 g, Carbohydrates 60 g, Fiber 6 g, Total fat 40 g (Saturated 9 g, Monounsaturated 20 g, Polyunsaturated 7 g), Cholesterol 155 mg, Sodium 160 mg, Iron 25%, Vitamin A 80%, Vitamin C 45%.

▲ 2 Fruit, 2 Meat

Top to bottom: Syrian Whole-Wheat Pita Bread, Falafel, Tageen of Cornish Hens in Honey Sauce with Apricots

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Vitamin A 80%, Vitamin C 45%.
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Top to bottom: Syrian Whole-Wheat Pita Bread, Falafel, Tageen of Cornish Hens in Honey Sauce with Apricots

