## Cornish hens: dinner for 2

With family sizes getting smaller, the increase in one- and two-member bouseholds, and the many people who just can't afford to make it bome for the holidars, many traditional family meals are not as big as they used to be.

A meal for two can be just as festive as one for twelve. In fact, if you are cooking for that special someone, a romantle meal can help create a holiday to remember.

Easy yet clegant Apple Glazed Cornish Hens is

Easy yet elegant Apple Glazed Cornish Hens is the perfect main dish for this intimate occasion. APPLE GLAZED CORNISH HENS

l pkg. of escalloped apples, defrosted 2 Cornish hens

Melted margarine Melted margarine
Salt
Black Pepper
Cayenne pepper
Ground ginger
Paprika
3 tbsp. orange julce concentrate
3 tbsp. brown sagar

Wash and dry hens. Brush with margarine; sea-son with sait, black pepper, cayenne pepper, ginger, and paprika. Place in a rossting pan. Roast at 350 degrees for 35 to 40 minutes or until

golden browns

Golden browns

Combine in small bowl: escalloped apples,
orange concentrate and brown sugar. Spoon part of
the apple mixture drown sugar. Spoon part of
the apple mixture over these.

Continue roasting for 35 to 40 minutes or until
fully cocked. Serves 24.

Microwave Method: Remove escalloped apples from metal tray, place in a microwave proof dish. Defrost escalloped apples on defrost cycle (50 percent power) for 6-7 minutes. Place seasoned bens on a microwave proof roasting rack; tie legs and wings close to body, sheld wings with atlantiam foil. Microcook on high power for 15 minutes, perast side down, turning once. Spoon part of the apple mixture over heas. Microcook on high power for 12-15 minutes.

## Baked ham will bring enjoyment

You know the family will be warm with the feel-ing of contentment as they enjoy a holiday dinner featuring a traditional baked ham. There's nothing like the aroma of a ham in the oven to arouse ap-petites in anticipation.

Fortunately for the holiday cook, there's a ham styled and sized to meet every family's needs. Especially appropriate for a family gathered around the Christmas table is an impressive smoked half ham. You can take your plot of a rump (butt) or shank half. If you wish a smaller bone-in ham choose either a rump or shank portion. If your guests are many, select a whole ham.

When determining what size bone in ham to buy, allow 3 to 3½ servings per pound. Of course, you'll want to plan to have plenty for second servings and some left over for a variety of bonus meals that will be most welcomed during this busy time of

While preparing the holiday ham is simply a matter of roasting in a slow oven, special care should be taken not to overcook, for this could cause the ham to be dry and less tender. Total cooking time can be estimated, however, to determine exact doneness, roast meat thermometer should be used. Most hams on the market are fully cooked and need only to be beated through to a temperature of 130 degrees to 140 degrees.

For a special holiday treat, pair the ham with Poached Pears. This delicious accompaniment is easily made by cooking fresh pears to tenderness to a sweet-sour liquid that's warmily seasoned with cloves, chnamon and allapice. The apicy cooking liquid is then used to glaze the ham during the last minutes of the cooking time.

BAKED HAM WITH POACHED PEARS

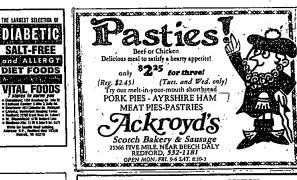
SARED HAM WITH POACHED PER 5 ftrm ripe pears 1 cep water 4 cep sagar 1 tbsp. lemon falee 2 tsp. red wine vinegar 6 whole cloves 4 tsp. ground cinnamon Dash allspice

Dash alispice

Place ham, fat side up, on rack in open reasting
pan. Insert reast meat thermometer so bulb is centered in thickest part. Be careful that bulb does not
rest in fat or on bone. Do not add water. Do not
cover. Roast in a slow oven (325 degrees) until the
meat thermometer registers 130 degrees to 140 degrees for "(ally-cooked" half ham (18 to 24 minutes
per pound; 130 degrees for a "cook-before-asting"
half ham (22 to 25 minutes per pound). Meanwhile
pare and core pears, leaving stem intact. Combine
wrater, sugar, lemon juice, vinegar, cloves, cinmamon and alispice in a large saucepan. Bring to a
continue cooking, covered, 10 minutes or until tender. Remove pears leaving, la finatives. Turn pears and
continue cooking, covered, 10 minutes or until tender. Remove pears and keep warm. Strain cooking
iquid; return to saucepan and boil to reduce until
thickened, sufring constantly, Lightly brish pears
with syrup. Brush warm syrup over ham 20 minutes before end of cooking time.

The slaworth ham and pear accompaniment can

The flavorful ham and pear accompaniment can be supplemented with mashed sweet potatoes and asparagus spears dressed up hollday style with pimento strips. Christimas colors can be repeated in a shimmering red and green layered gelaulin mold. Then end the meal with a bollday favortie — plum pudding topped with creamy hard sauce.



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