

Duck

Compiled by seva



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1. Drunken Duck #2

tag: duck

Yield: 6 Servings

Ingredients

- 1 Duck; 4 to 5 pounds
- Salt
- 2 sl Fresh ginger root
- 2 Scallions
- 2 c Sherry
- 4 -(up to)
- 6 Scallions

Directions

1. Wipe duck inside and out with a damp cloth. Rub duck cavity lightly with salt. Slice ginger root and slice off scallion roots. Put both inside cavity.
2. Place duck in a heavy pan. Add sherry and bring slowly to a boil. Then simmer, covered, until tender (about 2-1/2 hours), turning bird several times.
3. Remove duck and let cool. Chop bird, bones and all, in bite-size pieces. Serve cold, garnished with remaining scallions, cut in 2-inch sections.

From <The Thousand Recipe Chinese Cookbook>, ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

2. Duck

tag: duck

Yield: 1 Servings

Ingredients

- 1 Duckling
- Salt and pepper
- 1/2 c Orange marmalade
- 1 c Frozen orange juice concentrate.
- 2 cn Sweet cherries w/syrup; 8oz
- 1/2 c Red wine
- 3 tb Brown sugar
- 2 tb Cornstarch

Directions

Season duck with salt and pepper. Put in a baking pan. Mix orange marmalade with orange juice concentrate. Pour over duck. Bake at 350~ for 20 minutes per pound. During last half hour raise temp to 425~ and baste every 10 minutes with pan juices. SAUCE-In processor puree cherries. Put in a saucepan with wine, sugar and cornstarch. Simmer until thick and serve over duck. Source: Gelman, Live with Regis and Kathie Lee. Posted to EAT-L Digest 26 Sep 96

Date: Fri, 27 Sep 1996 07:20:28 -0400

From: Lilia Prescod <lprescod[at]ITRC.UWATERLOO.CA>

3. Steamed Dried Duck And Pork

tag: duck

Yield: 6 servings

Ingredients

- 1/4 Dried Duck - chopped into 1/4" wide pieces; see * Note
- 1 lb Lean ground pork
- 10 Waterchestnuts; coarsely chopped
- 2 tb Chinese rice wine
- 2 tb Soy sauce; light
- 1/2 ts Fresh ginger root; grated
- 1 tb Cornstarch
- 1 Egg
- 1 ts Sesame oil
- 1 Green onion; chopped fine
- 1/8 ts Freshly-ground black pepper; or to taste

Directions

* Note: Available in Asian or Oriental markets.

Cut the duck and soak it in fresh water for 2 hours. Change the water and bring to a simmer. Immediately turn off the stove and leave the duck, covered, in the water for 1/2 hour. Drain and discard the water. Place all the ingredients, except the duck, into a bowl and mix well. Place in a steaming bowl or glass pie plate. Top with the duck slices. Steam in a bamboo steamer for 30 minutes.

Comments: The richness of the dried duck invades the pork in this dish. It is common food in Hong Kong, but very uncommon in this country. You might have to get used to the "cured" flavor of the dried duck.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 05-27-1992 issue - The Springfield Union-News

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpm44a[at]prodigy.com ~or- MAD-SQUAD[at]prodigy.net

07-17-1994

Recipe by: Jeff Smith

4. Peking Duck (Part 2)

tag: duck

Yield: 4 Servings

Ingredients

SEE :PEKING DUCK 1" FOR INGR

Directions

6. Combine the sherry, sesame oil, sugar, soy sauce, and Hoisin Sauce. 7. To assemble, place duck slices on pancakes. Add scallions, cucumbers, and Hoisin Sauce mixture to each. Serve. We insist on using Long Island ducks for this, our specialty. When we carve the duck in front of our guests, they may request skin only (the traditional way of eating Peking Duck), skin with meat, or meat from a certain part of the duck. The air separates the skin from the meat; the marinade and the hanging help to create a deliciously rich, crisp skin.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

5. Peking Duck (Part 1)

tag: duck

Yield: 4 Servings

Ingredients

- 7 lb LONG ISLAND DUCK
- 5 c HOT WATER
- 3 tb MALTOSE
- 1 tb VINEGAR
- 1 tb SHERRY
- 1 tb SESAME OIL
- 1 tb SUGAR
- 1 tb SOY SAUCE
- 5 tb HOISIN SAUCE
- 12 CHINESE PANCAKES, STEAMED
JUST BEFORE SERVING
- 1/4 lb SCALLIONS, CUT INTO 24 PIECE
- 2 CUCUMBERS, PEELED, HALVED,
AND JULIENNED

Directions

1. Clean a fresh duck and pump it full of air through the neck to separate the skin from the meat. (At home, a bicycle pump may be used.) Pour boiling water over the duck three times. Carefully dry duck, slit stomach, and remove innards. 2. Prepare marinade of hot water, maltose, and vinegar. Rub outside of duck all over with the mixture. 3. Hang the duck by its neck at room temperature, about 65 degrees, for at least 12 hours. 4. The next day, pre-heat oven to 400 degrees F. Place duck in pan and cook for 10 minutes. Turn heat to 450 degrees F and cook for additional 30 minutes or until the meat is tender and the skin is crispy. 5. To carve the duck, place it breast side up and cut downwards towards the head. Slice thinly. Use only the outer slices-those which have skin. Slice both breasts. Slice the legs, cutting from the joint to the end of the leg. Discard remaining meat (without skin) or use for another dish. (See part 2 for more)

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

6. Cold Roast Duck with Pineapple Sauce

tag: duck

Yield: 4 Servings

Ingredients

- 1 lb Roast duck
- 2 c Lettuce
- 1 cn (small) pineapple chunks
- 1 c Pineapple juice
- 2 ts Cornstarch
- 2 tb Water

Directions

1. Bone and slice roast duck. Shred lettuce and arrange on a serving platter, with duck on top.
2. Drain pineapple chunks and arrange over duck. Pour pineapple juice into a saucepan and heat slowly.
3. Blend cornstarch and cold water to a paste, then stir in to thicken. Pour sauce over duck and pineapple. Refrigerate to chill before serving.

From <The Thousand Recipe Chinese Cookbook>, ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

7. Steamed Duck with Sherry #2

tag: duck

Yield: 6 Servings

Ingredients

- 1 Duck; 4 to 5 pounds
- 3 -(up to)
- 4 tb Oil
- Salt
- 1 lg Onion
- 2 -(up to)
- 3 sl Fresh ginger root
- 1 tb Soy sauce
- 1 ts Sugar
- 1 c Sherry

Directions

1. Wipe duck inside and out with a damp cloth. Dry well with paper toweling, or hang up to dry in a cool, airy place 1 to 2 hours.
2. Heat oil in a large pan and brown duck quickly. Then rinse under cold running water (to remove oil) and drain. Sprinkle bird lightly with salt inside and out.
3. Slice onion and ginger root thin, then put inside duck cavity. Transfer duck to a large heatproof bowl. Sprinkle with soy sauce and sugar; then pour sherry over.
4. Steam by the bowl-in-a-pot method until duck is tender (about 2 hours). See "HOW-TO SECTION".

From <The Thousand Recipe Chinese Cookbook>, ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

8. Smothered Duck with Root Vegetables

tag: duck

Yield: 4 to 6 servings

Ingredients

- 3 tb Olive oil
- 1 Whole duck; cut into 8 pieces
- 1/2 c Flour plus 2 tablespoons
Essence
- 1 c Chopped yellow onions
- 2/3 c Chopped carrots
- 1/2 c Chopped celery
- 2/3 c Chopped parsnips
- 1/2 c Chopped turnips
- 1 tb Minced garlic
- 1 tb Chopped fresh thyme
- 1 tb Chopped fresh basil
- 1 tb Chopped fresh oregano
- 3 c Duck stock
- 1 c Red wine
- Salt and black pepper
- 1 c Mashed sweet potatoes
- 1/2 c Fried parsnip strips
- 2 tb Chopped green onions

Directions

ESSENCE OF EMERIL SHOW #EE2294

In a cast iron skillet, heat the olive oil. Season both the meat and the flour with essence. Dredge the duck pieces in the flour. When the oil is smoking hot, add the duck pieces, skin side down. Brown the duck for 2 to 3 minutes on each side to get an even browning. Remove the duck and set aside. In the same oil, stir in 2 tablespoons of the remaining flour. Add the onions, carrots, celery, parsnips, turnips and garlic. Saute the vegetables for 2 to 3 minutes. Add the fresh herbs and season with salt and pepper. Add the duck pieces. Pour the duck stock and the red wine into the pan.

Bring the liquid up to a boil and reduce to a simmer. Cover with a lid. Simmer the duck for 30 to 35 minutes or until the vegetables are fork tender. Reseason with salt and pepper if needed. Mound the potatoes in the center of a shallow bowl. Remove a couple of duck pieces and place on top of the potatoes. Spoon the sauce and vegetables over the duck. Garnish with the parsnip strips and green onions.

Posted to recipelu-digest by molony <molony[at]scsn.net> on Feb 21, 1998

9. Glazed Duck

tag: duck

Yield: 4 Servings

Ingredients

- 4 Ducks (1 per person)
- 1 c Burgundy wine
- == GLAZE ==
- 1/2 c Granulated sugar
- 1/3 c Brown sugar
- 1 tb Cornstarch
- 1 c Orange juice
- 1 tb Grated orange rind
- 1/4 ts Salt

Directions

Brown duck in Dutch oven. Add wine and bake, covered, at 325° until tender, basting and turning often (about 2-1/2 to 3 hours). Combine sugars and cornstarch in a heavy saucepan. Add juice, rind and salt. Simmer and stir until thick. Serve over duck. Yield: 1-1/2 cups glaze, 1 duck per person

JULIE ALLEN (MRS. WALLY)

From <Traditions: A Taste of the Good Life>, by the Little Rock (AR) Junior League. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

10. Gambler's Duck

tag: duck

Yield: 4 Servings

Ingredients

- 1 5-pound duck
- 2 oz Ginger; minced
- 1/2 c Minced spring onion
- 4 c Vegetable oil
- 12 Chinese pancakes
- 1 Cucumber; thinly sliced
- 2 Bunches spring onions
- 1 c Plum sauce

Directions

Remove the duck's innards and clean it. Smear the duck with ginger and minced onion. Steam in a large pot for 3 hours. Remove the duck. Heat the cooking oil in a wok until it is very hot and carefully insert duck. Fry for 10 minutes or until golden brown and crisp to the touch. Carve the duck into bite-size pieces and place onto steamed pancakes with spring onion, cucumber slices, and plum sauce.

MR. CHOW

EAST 57TH STREET, MANHATTAN.

WINE: PINOT GRIGIO.

From the <Micro Cookbook Collection of Chinese Recipes>. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

11. Steamed Duck with Sherry #1

tag: duck

Yield: 6 Servings

Ingredients

- 1 Duck; 4 to 5 pounds
Water to cover
- 2 Scallion stalks
- 2 sl Fresh ginger root
- 1 c Sherry
- 1/2 tb Sugar
- 2 tb Soy sauce
- 1 ts Salt

Directions

1. Wipe duck with a damp cloth. Bring water to a boil in a large pan and lower duck in gently. Boil 5 minutes. Drain, discarding liquid. Transfer bird to a large heatproof bowl.
2. Cut scallion stalks in half and slice ginger root; add to duck. Combine sherry, sugar, soy sauce and salt. Pour over duck.
3. Steam 2 hours by the bowl-in-a-pot method (see "HOW-TO SECTION").
4. Discard scallion stalks and ginger slices. Serve duck hot in steaming bowl.

From <The Thousand Recipe Chinese Cookbook>, ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

12. Hawaiian Baked Duck

tag: duck

Yield: 100 Servings

Ingredients

- 100 lb DUCK WHOLE FZ
- 9 lb ORANGES FRESH
- 2 qt JUICE; PINEAPPLE #3
- 2 ts PEPPER BLACK 1 LB CN
- 1 tb GINGER GROUND
- 4 oz SALT TABLE 5LB

Directions

PAN: 18 BY 24-INCH ROASTING PAN TEMPERATURE: 325 F. OVEN

1. WASH DUCK THOROUGHLY, INSIDE AND OUT, UNDER COLD RUNNING WATER. DRAIN WELL.
2. RUB CAVITY OF DUCK WITH MIXTURE OF SALT, PEPPER AND GINGER.
3. PLACE DUCK, BREAST SIDE UP, IN PANS WITHOUT CROWDING. PRICK SKIN OF DUCK.
4. COMBINE 2 QT ORANGE JUICE (9 LB (18 ORANGES A.P.)) WITH 2 QT (3/4-NO. 3 CYL CN) CANNED PINEAPPLE JUICE.
5. ROAST 2 HOURS OR UNTIL DUCK IS DONE. BASTE FREQUENTLY WITH JUICE MIXTURE.
6. POUR OFF FAT FREQUENTLY DURING ROASTING PERIOD.

NOTE: 1. USE V-SHAPED RACKS IN ROASTING PANS, IF AVAILABLE (7 ROASTING PANS AND 13 RACKS).

NOTE: 2. OTHER SIZES AND TYPES OF PANS MAY BE USED. SEE RECIPE NO. A-25000.

Recipe Number: L16401

SERVING SIZE: 1/4 DUCK (

From the <Army Master Recipe Index File> (actually used today!). Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

13. Confit of Duck

tag: duck

Yield: 1 servings

Ingredients

- 2 Barbary ducks 1.6kg in weight
- 1 Aylesbury duck 2.25kg in weight
- 6 Complete pieces of star anise
- 2 Sticks cinnamon
- 4 Sprigs fresh thyme; (4 to 5)
- 2 Fresh bay leaves
- 3 Cloves garlic
- Freshly ground black pepper
- 1 tb Whole black peppercorns
- 3 ts Salt
- A handful of sage leaves
- 4 tb Fresh parsley; chopped
- 2 1/2 l Duck fat

Directions

Take the breasts, legs and thickest part of the wings off the duck carcasses. Leave the skin on the pieces. Trim all loose fat from the carcasses and put into a large deep pan with 300ml cold water. Heat gently for 2-3 hours to render out all the duck fat. The water will gradually evaporate off, leaving behind clear duck fat. Strain off and discard any sediment or bits of skin. You can of course use bought duck or goose fat (supermarkets and butchers sell it) but since the process takes no effort it seems silly to ignore what you already have.

Put the reserved duck pieces into a large dish and sprinkle over the salt, ground pepper, parsley and half the thyme.

Grind three of the star anise and one cinnamon stick and add this to the duck.

Cover lightly and refrigerate until the next day. Keep turning the duck pieces in the brine.

Next day:

Set the oven to very cool (125C/gas 1).

Rinse and pat dry the duck pieces. Heat duck fat in a deep saucepan to about 170C. Add rest of aromatics and herbs. The fat should cover the pieces of meat. Reduce heat to barely simmer. Cook for 40 minutes.

Remove duck pieces and place in a roasting tin. Cover with the hot fat. Cover and cook very slowly in a cool oven - 1 hour for breasts, 1 1/2-2 hours for legs and other pieces. The duck should be meltingly tender, but with no sign of the meat shredding and the fat should be clear. Remove from oven and cool in the fat.

Store in a deep dish in the refrigerator, totally submerged in the fat. When pouring off the fat, take care to leave the meaty sediment

behind. (Any impurities left would prevent the duck being preserved adequately). These juices are delicious. Don't throw them away, but use them to add to a gravy or to pour over roast potatoes or parsnips.

To serve:

Remove the pieces of duck from the preserving fat. Put into a roasting tin and reheat in a very hot oven 220C/gas 7 for 12-15 minutes until the duck is very hot and the skin is beautifully crisp.

I like to serve this on a bed of crisp salad leaves with pieces of apple and sweet pepper, a handful of freshly chopped chives and dressed with a raspberry vinegar dressing.

14. Crispy Duck Breasts with Pear and Green Peppercorn Sauce

tag: duck

Yield: 1 Servings

Ingredients

- 1 1/2 lb Boneless duck breast (4 boneless breast halves, cut from two 5 1/2- to 6-pound duck
- 1 Firm-ripe Bosc pear
- 3/4 c Apple juice
- 1/2 ts Cornstarch
- 2 tb Calvados or Armagnac
- 1 tb Green peppercorns packed in brine, drained and crushed lightly
- 1 tb Duck or veal demiglace -or-
- 1/2 Extra-large vegetarian vegetable bouillon cube
- 1 ts Fresh thyme leaves -or-
- 1/4 ts Dried, crumbled thyme
- == GARNISH ==
- Fresh thyme sprigs

Directions

Trim excess fat from duck breasts, reserving fat for sauteing vegetables. Heat a 12-inch heavy skillet over high heat until very hot. Pat breasts dry and season with salt. Put breasts, skin sides down, in skillet and reduce heat to moderate. Cook breasts 20 minutes, or until skin is crisp and mahogany-colored, removing fat from skillet as it is rendered with a metal

bulb baster (or very carefully pouring it off). Turn breasts and cook about 2 minutes for medium-rare or to desired doneness. Transfer breasts to a plate and keep warm, covered loosely. While duck br

easts are cooking, peel pear and cut into 1/4-inch dice. Pour off all but about 1 tablespoon fat from skillet and saute pear until lightly browned, about 1 minute. In a measuring cup stir together ap

ple juice and cornstarch. To pear add Calvados or Armagnac. Stir in cornstarch mixture, peppercorns, demiglace or bouillon cube, and thyme and simmer, stirring, 2 minutes, or until slightly thickened Recipe By : COOKING LIVE SHOW #CL8761

Posted to MC-Recipe Digest V1 #306

Date: Sun, 17 Nov 1996 13:51:08 -0500

From: "Angele and Jon Freeman" <jfreeman[at]netusa1.net>

15. Duck Breast with Pickled Quince And Duck Glaze, Fig And Almo

tag: duck

Yield: 4 servings

Ingredients

- 4 lg Duck breasts
- 2 Pears; (use quinces, when; in season)
- 300 ml Duck stock made from duck or chicken; (or chicken stock); bones
== FOR SUGAR SYRUP ==
- 500 ml Water; (to cover pears)
- 250 g Sugar
- 1 p Nutmeg
n
Cinnamon stick
- 250 ml White wine vinegar
== FOR FIG SAUSAGE ==
- 200 g Dried figs
- 30 g Butter; (soft)
- 1 tb Honey
- 1 ts Orange peel
- 220 g Roasted almonds

Directions

Put half of the figs in a food processor with half of the butter and honey and process until finely chopped. With the motor still running, add half of the nuts through the feed tube and process until coarsely chopped. Add orange peel.

Remove the mixture, divide into 4 and roll up in between both hands (put some foodsafe plastic gloves on to roll them up, or keep palm wet to avoid them sticking).

Pan fry lightly in a small amount of butter for 1 minute and warm them in the resting oven (be gentle they're fragile when hot).

Peel pear or quince, then poach in syrup until soft. Cool and remove.

Marinate duck breast in cold syrup for about 2 hours. Remove duck breast from syrup and seal in a hot pan until coloured, then rest in a 50c oven for 10 minutes.

Slice quince and warm in oven. Slice duck breast.

Arrange duck breast, quince slices and fig sausage.

Reduce duck stock to a duck glaze and ladle onto the plate.

Per serving: 836 Calories (kcal); 39g Total Fat; (38% calories from fat); 13g Protein; 124g Carbohydrate; 16mg Cholesterol; 78mg Sodium Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 3 Fruit; 7 Fat; 4 1/2 Other Carbohydrates

16. Quick Duck Rellenos Hunter

tag: duck

Yield: 1 Servings

Ingredients

- 6 Ripe Poblano chiles; roasted, peeled, slit and carefully deseeded
- 2 Duck breasts (i.e. breasts of one duck); fat removed (and reserved)
- 4 oz Monterey Jack cheese; grated
- 1 m Onion; coarsely chopped
- d Fresh hot peppers to taste; diced (I used about a dozen Thais)
- 4 Cloves garlic; crushed & minced finely
- 2 lg Springs of fresh rosemary; coarsely chopped
- Salt and freshly ground black pepper

Directions

Melt a bit of duck fat in a very hot frying pan. Salt and pepper the duck breasts, and fry them until cooked rare (approx 2 minutes per side). Remove the breasts and let cool. Now fry the onions until golden, adding a bit more duck fat if necessary. While the onions are cooking, cut the duck breasts into small dice and put in a bowl. When the onions are almost done, add the garlic, rosemary and hot peppers, stir for about a minute, just enough to release the flavors. Scrape into bowl with the duck and stir until well mixed. Stuff the peppers with roughly 1/3 cheese, 2/3 duck mixture. You can batter and fry them, but I baked these (10 minutes at 350 -- just enough to melt the cheese and heat them through) and sauced them with my basic ancho/cumin red sauce. Serves 2 as a main course, or 6 as an appetizer. [NB. These are even better if you have time to roast a duck instead of pan frying. Coat the duck with garlic & black bean paste, prick the skin thoroughly with a fork, and roast at 325 for 1 1/2-2 hours, or until the fat has mostly cooked off. Let cool and shred the meat, including bits of skin. Then substitute for the diced cooked breast meat above.] Recipe By : Larry Hunter via chile-heads

Posted to MC-Recipe Digest V1 #246

Date: Wed, 16 Oct 1996 14:52:25 -0400

From: kmeade[at]IDS2.IDSONLINE.COM (The Meades)

17. Char-Roasted Breast of Duck on Leeks with Juniper And Gin

tag: duck

Yield: 1 servings

Ingredients

- 2 Breasts of duck from a 2kg; (4.4lb) duck
- 2 Sage leaves
- 2 Leeks - finely sliced
- 1 Fat clove of garlic - crushed
- 3 Juniper berries - crushed; (3 to 4)
 - A glug of gin
 - A knob of butter
 - Freshly ground salt and black pepper
- 30 g Fresh blueberries; (1oz)
- 1 tb Raspberry vinegar
- 4 tb Olive oil
- 1/2 ts Caster sugar
 - Seasonal salad leaves

Directions

Pre-heat oven to: 220°C/400°F/gas mark 7

Make dressing: liquidise blueberries, vinegar, and sugar. Stir in olive oil and seasoning. Set on one side.

Heat griddle or cast pan.

Cook the leeks in a pan until softened with the garlic, juniper and gin and a knob of butter. Season.

Slash the skin on the breasts finely. Tuck a small sage leaf under each fillet and season the breasts. Put breasts on the griddle skin side down and cook over a high heat to allow the fat to run out and the skin to crisp and turn golden ? about 3 minutes. Pour off excess fat. Put breasts in a roasting dish, skin side up and roast in the hot oven for 4 or 5 minutes to finish cooking. Rest breasts in a warm place for 5 minutes to settle the juices.

Arrange a pile of mixed leaves on each plate and to the side a spoonful of leeks. Top the leeks with a breast, thinly sliced. Drizzle the breasts and the leaves with the blueberry dressing.

Per serving: 496 Calories (kcal); 54g Total Fat; (95% calories from fat); trace Protein; 5g Carbohydrate; 0mg Cholesterol; 2mg Sodium
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 11 Fat; 0 Other Carbohydrates

18. Barbecued Duck and Wild Mushroom Quesadilla (Gc)

tag: duck

Yield: 4 firstcourse servings

Ingredients

- 1/2 c Barbecued duck legs; meat picked off the bone from 2 skinless duck legs
- 1 c New mexico bbq sauce; recipe follows
- 1/2 c Chicken stock
- 1/2 c Grilled shiitake mushrooms caps, grilled
- 3 Flour (6-inch) tortillas
- 1/4 c Grated monterey jack
- 1/4 c Grated white cheddar
- Salt and freshly ground pepper
- 1/2 c Spicy mango salsa

Directions

Put legs in a casserole and brush on sauce. Pour stock around legs. Cover and bake for 3 hours at 300 degrees, basting with BBQ sauce every 30 minutes. Let cool, and pick off duck meat.

Prepare a wood or charcoal fire and let it burn down to embers.

Place 2 tortillas on work surface. Spread half the cheeses, duck, and mushrooms on each and season to taste with salt and pepper. Stack the 2 layers, cover with the remaining tortilla, brush with 1 tablespoon oil, and sprinkle evenly with chile powder. May be prepared ahead up to this point and refrigerated. Grill for 3 minutes on each side, or until the tortillas are slightly crisp and the cheese has melted.

Cut into quarters and serve hot, garnished with the salsa.

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Busted for you by Gail Shermeyer <4paws[at]netrax>

Recipe by: GRILLIN' & CHILLIN' SHOW #GR3637 Posted to MC-Recipe Digest V1 #690 by 4paws[at]netrax.net (Shermeyer-Gail) on Jul 26, 1997

19. Sausage of Chicken Liver with Potatoes & Artichokes

tag: duck

Yield: 6 servings

Ingredients

- CIBREO
- 4 Artichokes
 - 1 c Olive oil
 - 1 Garlic clove
 - Salt and pepper to taste
 - 2 Potatoes; peeled, washed, and; very thinly sliced
 - 2 oz Butter
 - 4 oz Onion; chopped very fine
 - 1 c Chicken consume
 - 1 p Hot pepper
 - n
 - 2 Egg yolks
 - 1/2 Lemon; juiced
- SAUSAGE
- 4 oz Duck testicles
 - 5 oz Cocks combs
 - 4 oz Chicken kidneys; cut into small; cubes
 - 6 oz Chicken livers; cut into small; pieces
 - 1/2 ts Rosemary; chopped
 - 1/2 ts Sage; chopped
 - 2 Duck neck skins or breast skin from; (chill and remove; mallard duck, skin)

Directions

For the artichokes, cut the leaves and just keep the bottom. Remove the beard from inside with a spoon and place in water and lemon juice. Cut the bottom into thin slices. In a skillet heat olive oil. Add garlic and salt and pepper and saute for 5 minutes. Set aside and keep warm.

To prepare potatoes, in an oiled pan, place the sliced potatoes in a circle to form a galette in a non stick pan. Brown on both sides until nice and golden. Keep warm.

To Prepare the sausage, blanch the duck testicles in salted boiling water for 2 minutes. Remove them and place on a towel to dry. Cut into slices, 1/8-inch thick.

Meanwhile, cook the cocks comb in salted water until tender, about 2 hours then and dry thoroughly. Cut the cocks comb into thin strips and place in a bowl. Add chicken kidneys, chicken livers, rosemary, sage and mix together. Place mixture inside the duck neck skin to form a sausage. With kitchen twine, sew the ends together so that the meat doesn't escape during cooking.

In a skillet heat butter and onions. Cook until the onions are translucent. Add the sausage and cook very gently for 10 minutes. During the cooking, add the chicken consume and hot pepper. Remove sausage and set aside. In a bowl mix together egg yolk and lemon

juice and add to the skillet. Mix in very quickly and make sure it doesn't boil again or the sauce will curdle.

To Serve: Divide the artichokes and place on the bottom of 6 serving dishes. Cover with the potato and place a slice of sausage on top of it. Sprinkle with sauce.

Original Title: CIBREO CON CARCIOFI E PATATE (Sausage of Chicken Liver and Other Parts with a Lemon-Cream Sauce with Potatoes and Artichokes)

Busted and entered for you by: Bill Webster

CHEF DU JOUR SHOW #DJ9087 ROBERTO DONNA - TUSCAN MENU

20. Cassoulet

tag: duck

Yield: 6 servings

Ingredients

=== BEANS ===

- 1 tb Butter
- 1/4 c Chopped onions
- 1/2 c Chopped celery
- 1 lb White navy beans
- 1/4 ts Salt
- 1/8 ts Cayenne pepper
- 8 c Water
- 1 Bay leaf

=== MEATS ===

- 1/4 c Flour
- 1/4 c Oil
- 1 c Chopped onions
- 1/2 c Chopped celery
- 1/2 c Chopped bell peppers
- 1/2 c Chopped carrots
- 1/2 ts Salt
- 1/8 ts Cayenne pepper
- 8 Duck confit; duck legs
- 1 lb Andouille sausage links; 6 equal portions
- 2 c Chicken broth
- 1 lb Roasted duck; cut 2? pieces

=== GRATINE ===

- 3/4 c Dried fine bread crumbs
- 1/2 c Grated Parmesan Cheese
- 3 tb Chopped parsley
- 2 ts Emeril?s Essence; see * Note
- 2 tb Olive oil

=== GARNISH ===

- Shaved chives
- Crusty bread

Directions

* Note: See the ?Emeril?s Essence Information? recipe which is included in this collection.

Preheat the oven to 400 degrees. For the beans: In a large saucepan, melt the butter. Saute the onions and celery for 3 to 4 minutes, or until they are slightly wilted. Add the beans, salt, cayenne, water and bay leaf and bring to a boil. Reduce heat to medium-low and cook until beans are tender and most of the water is absorbed, about 2 hours. For the meats: In a large oven proof skillet, over medium-high heat, combine the flour and oil. Stirring constantly, make a medium-brown roux. Add the onions, celery, bell peppers,

carrots, salt and cayenne. Stirring constantly, cook for 3 to 4 minutes or until vegetables are slightly wilted. Add the duck legs and sausages and cook for 2 to 3 minutes on each side. Add the chicken broth and stir the mixture until the roux and broth are combined and mixture thickens. Scrape the bottom and sides of the pot to loosen any brown particles. Bring to a boil. Add the beans and duck meat. Reduce the heat to medium-low and cook for 30 minutes. For the gratine: In a mixing bowl, combine the bread crumbs, cheese, parsley, Emeril's Essence, and olive oil. Mix well. When the bean-meat mixture is cooked, spoon the gratine evenly over the top and bake for 10 minutes or until lightly browned. Spoon a serving of the mixture from the pan onto a plate and garnish with Essence, shaved chives and crusty bread. This recipe yields 6 to 8 servings.

Recipe Source: EMERIL LIVE with Emeril Lagasse From the TV FOOD NETWORK - (Show # EM-1A24 broadcast 02-19-1997)
Downloaded from their Web-Site - <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey - [jpm44a\[at\]prodigy.com](mailto:jpm44a@prodigy.com)

03-25-1997

Recipe by: Emeril Lagasse

21. Bbq Duck Sandwich

tag: duck

Yield: 2 servings

Ingredients

- Duck meat from 1 whole roasted duck
- 1 c Homemade or prepared barbecue sauce
- 1 tb Thinly-sliced green onions
- 2 Onion rolls -; (6" long ea)
- 1 Bag Zapp's potato chips; optional

Directions

Thinly slice duck into bite-size strips. In a small saucepan combine duck, barbecue sauce and green onions and heat through. Slice open rolls and toast them. Fill each roll with a generous portion of duck mixture. Serve garnished with some Zapp's potato chips. This recipe yields 2 servings.

Recipe Source: ESSENCE OF EMERIL with Emeril Lagasse From the TV FOOD NETWORK - (Show # EE-2131 broadcast 08-13-1996) Downloaded from their Web-Site - <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey - [jpmd44a\[at\]prodigy.com](mailto:jpmd44a[at]prodigy.com)

10-17-1996

Recipe by: Emeril Lagasse

22. Pine Nut and Endive Frittata with Crackling

tag: duck

Yield: 4 servings

Ingredients

- 1 lb Duck skin or duck bacon, cut in 1 x 1/4"
- 1/2 m Red onion, thinly sliced
- d
- 1/2 c Pine nuts
- 2 Belgian endives, sliced, in 1/2" rounds
- 8 Eggs, beaten
- 1/4 c Pecorino cheese
- Salt and pepper to taste

Directions

Preheat oven to 375 degrees.

In an 8-inch non-stick saute pan, render duck skin or bacon over medium heat to crisp cracklings. Remove and set aside on paper towels and pour off all but 1 tablespoon of duck fat. Add onion and cook until softened (about 8 to 10 minutes). Add pine nuts and endives and cook 2 minutes until endives have softened. Add eggs and cheese and season with salt and pepper and stir well with pine nut mixture. Allow eggs to set on bottom by cooking without stirring 2 minutes and place in oven. Cook 8 to 9 minutes, or until eggs have set but are not dried out. Remove from oven, flip out onto plate and allow to cool.

To serve plain, slice into wedges like a pie and serve, sprinkling over pine nuts and cracklings or use as contorno for stuffed duck neck dish.

Posted to MC-Recipe Digest V1 #366

Recipe by: Molto Mario

From: "suechef[at]sover.net" <suechef[at]sover.net>

Date: Sat, 4 Jan 1997 15:07:48 -0500 (EST)

23. Duck with Prune, Thyme And Lemon Stuffing

tag: duck

Yield: 4 servings

Ingredients

- 125 g Fresh breadcrumbs; (4oz)
- 125 g Dried ready-to-eat prunes; chopped (4oz)
 - Grated rind and juice of 1 lemon
- 2 tb Freshly chopped thyme
 - Salt and freshly ground black pepper
- 1 Whole fresh duck; a 2kg (4 1/2lb); duck will serve 4
- 2 tb Medium sherry
- 250 ml Chicken stock; (8 fl oz)
- 1 tb Cornflour; blended with a; little cold water

Directions

Mix together the breadcrumbs, prunes, lemon rind and juice, thyme and seasoning and use to stuff the cavity of the duck.

Prick skin all over with a fork and cook in a preheated oven at 200 °C, 400 °F, Gas Mark 6 for 20 minutes per 0.5kg (1lb).

Remove the duck from the roasting tin and keep warm.

Add the sherry to the roasting tin and place over a moderate heat for 1 minute, stirring continuously to de-glaze the tin.

Add the stock, blended cornflour and seasoning to taste and bring to the boil.

Spoon a little gravy over the duck and serve the remaining in a gravy boat.

Garnish with fresh thyme and lemon slices.

NOTES : A delicious alternative to turkey over the festive period.

24. Duck Soup

tag: duck

Yield: 6 Servings

Ingredients

- 2 Ducks
- 1 tb Salt
- 1 tb Black pepper
- 1 3/4 qt Duck stock
- 1 Carrot; julienned (matchstick cut)
- 1 Onion; chopped finely
- 2 Ribs celery; chopped finely
- 3 Green onions; chopped finely
- 3/4 c White wine
- 1/3 c Cornstarch
- 3 tb Chopped parsley
- Toasted duck skin; crumbled duck meat; julienned (match- stick cut)
- == DUCK STOCK ==
- 2 Whole duck carcasses
- 3 Cloves garlic; chop roughly
- 1/2 Onion; roughly chopped
- 1 Sprig fresh thyme -or-
- 1/4 ts Dry thyme
- 1 3/4 qt Water
- 2 ts Salt
- 1/4 ts Black pepper
- 1/2 ts White pepper
- 3 Bay leaves
- 3 tb Tomato paste

Directions

Preheat the oven to 400 F. Season the ducks with salt & pepper, inside & out. Roast in a pan in the oven for 1/2 hour. Remove & drain the fat. Lower the oven temperature to 250 F. & continue to roast for 2 hours. Remove from the oven & allow the ducks to cool enough to handle. Debone, remove all skin & meat, & reserve. Save everything. In a large pot, heat the DUCK STOCK to a boil. Add the carrots, onion, celery, & green onions. Simmer until all vegetables are tender. In a separate bowl, combine the wine & cornstarch together. Add this to the soup & stir well. Bring the soup up to a second boil, then reduce the heat & simmer until it thickens slightly. Meanwhile, in a hot oven, bake the duck skins (spread out) on a baking sheet until they are dry to the touch. Remove from the oven & crumble like bacon bits. When the soup has simmered about 20 minutes, garnish with chopped parsley, crumbled duck skin, & julienned duck meat. DUCK STOCK: Combine all ingredients. Bring up to a boil, reduce to simmer, and cook 1 hour. Strain through a fine strainer. Reserve the stock.

LE RUTH'S

WINE: CARMENET SAUVIGNON BLANC

636 FRANKLIN ST., NEW ORLEANS

From the <Micro Cookbook Collection of French Recipes>. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

25. Butchering and Curing Whole Duck

tag: duck

Yield: 1 Servings

Ingredients

- 1 Whole duck,; about 5 pounds
- 3 tb Kosher salt
- 1 tb Freshly ground black pepper

Directions

Butcher the duck into 8 pieces, discarding the wings and reserving the fat. Lay the duck portions, skin side down on a platter. Sprinkle the duck with kosher salt and black pepper. Cover the duck with plastic wrap and refrigerate for 12 hours. Remove the duck from the refrigerator and rinse the duck under cool water, rubbing off the salt and pepper. Pat the duck dry with paper towels. Recipe By :ESSENCE OF EMERIL SHOW #EE2436

Posted to MC-Recipe Digest V1 #319

Date: Wed, 27 Nov 1996 09:16:25 -0500

From: Meg Antczak <meginny[at]frontiernet.net>

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