



Anatra al Sale (Duck in Salt Crust)



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



8

CALORIES



418 kcal

CRUST

Ingredients

- ☐ 0.3 cup balsamic vinegar mixed with a little water
- ☐ 1 duck rinsed
- ☐ 1 egg white
- ☐ 4 tablespoons grappa
- ☐ 2 pounds kosher salt
- ☐ 1 branch rosemary
- ☐ 6 sage leaves
- ☐ 8 servings salt and pepper to taste fine

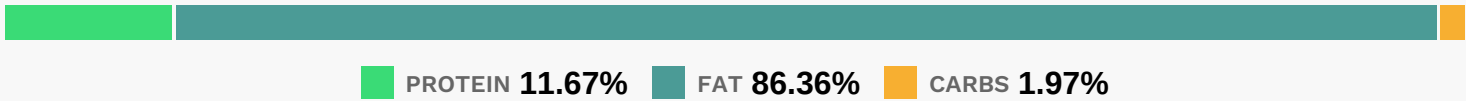
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Rinse the duck cavity with the grappa.
- ☐ Place the herbs inside the body, season the inside with salt and pepper and truss the duck with butcher's twine.
- ☐ Cover the bottom of a roasting pan with a 1/2-inch layer of salt.
- ☐ Place the duck atop the salt, beat the egg white to a light froth and mix 1 1/2 pounds of kosher salt to form a moist paste. Cover the duck completely with the salt mixture and roast in the oven for 1 1/2 hours.
- ☐ Remove and allow to rest 10 minutes to allow the juices to settle. Carefully remove the salt from the bird and brush off with a paint brush.
- ☐ Remove the skin and then carve the bird in the traditional way.
- ☐ Drizzle with saba and serve with wilted greens on the side.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:8.0839130164974%

Nutrients (% of daily need)

Calories: 417.64kcal (20.88%), Fat: 37.58g (57.81%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.75g (1.95%), Cholesterol: 72.58mg (24.19%), Sodium: 44212.85mg (1922.3%), Alcohol: 3.03g (100%), Alcohol %: 1.68% (100%), Protein: 11.42g (22.85%), Vitamin B3: 3.76mg (18.81%), Selenium: 12.71µg (18.15%), Copper: 0.35mg (17.74%), Iron: 2.74mg (15.2%), Phosphorus: 134.84mg (13.48%), Vitamin B2: 0.22mg (12.77%), Vitamin B1: 0.19mg (12.56%), Zinc: 1.42mg (9.47%), Vitamin B5: 0.92mg (9.15%), Vitamin B6:

0.18mg (9.09%), Manganese: 0.14mg (7.21%), Potassium: 223.99mg (6.4%), Vitamin K: 5.25µg (5%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.67µg (4.46%), Magnesium: 16.91mg (4.23%), Calcium: 40.61mg (4.06%), Vitamin B12: 0.24µg (4.04%), Vitamin C: 2.68mg (3.25%), Vitamin A: 160.83IU (3.22%), Folate: 12.6µg (3.15%)