



Braised Duck Legs and Sautéed Duck Breast



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



4

CALORIES



3031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots
- ☐ 6 pound duck (Pekin)
- ☐ 3 garlic clove finely chopped
- ☐ 1 inch ginger peeled
- ☐ 1 leek cut into 1-inch pieces
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup parsley chopped

- ☐ 2 pounds parsnips
- ☐ 1 tablespoon vegetable oil divided
- ☐ 2 large onion sweet (2 pounds total)
- ☐ 1 quart water

Equipment

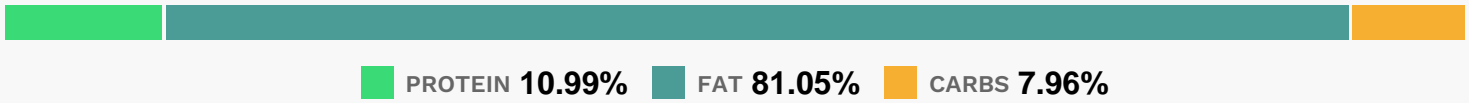
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ cutting board

Directions

- ☐ Cut off legs, wings, and breasts from duck and cut up carcass and wing tips for stock.
- ☐ Remove any bones from breasts, leaving skin on. Chill legs, wings, and breasts in a sealable bag.
- ☐ Wash leek, then put in a 6- to 8-quarts pot with carcass, 1 onion (cut in half), carrot, water, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Bring to a boil, skimming foam. Reduce heat and gently simmer, uncovered, skimming occasionally, 1 hour. Strain stock through a fine-mesh sieve into a large bowl, discarding solids. Skim off and discard fat.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Coarsely chop remaining onion. Peel parsnips and cut into 3-inch batons (1/4 inch thick). Pat legs and wings dry and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a wide 6- to 7-quart heavy pot over medium-high heat until it shimmers, then brown legs and wings, turning over once, 6 to 8 minutes.
- ☐ Transfer to a plate.
- ☐ Add onion to pot with parsnips, ginger, zest, juice, 1 teaspoon salt, and 1/2 teaspoon pepper and cook over medium-high heat, stirring occasionally, until vegetables are softened and pale golden, 6 to 8 minutes.

- ☐ Add 2 cups duck stock (save remainder for another use) and nestle legs and wings in vegetables. Bring to a boil. Cover pot and braise in oven until meat is tender, about 1 hour.
- ☐ Let stand, uncovered, at room temperature 1 hour while cooking breasts.
- ☐ Season duck breasts with 3/4 teaspoon salt and 1/2 teaspoon pepper (total).
- ☐ Heat remaining teaspoon oil in a large heavy skillet over medium-high heat until it shimmers. Cook duck breasts, skin sides down, until well browned, 6 to 8 minutes. Turn and cook about 6 minutes for medium-rare.
- ☐ Transfer to a cutting board and let rest 10 minutes.
- ☐ Mix together parsley and garlic. Slice breasts crosswise.
- ☐ Serve legs and wings over parsnips and serve sliced breast on the side.
- ☐ Sprinkle with parsley mixture.
- ☐ •Stock can be made 1 day ahead and chilled (covered once cool). Fat will be easier to remove once cold and solidified. •Legs and wings can be braised 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:51.96, Glycemic Load:17.09, Inflammation Score:-10, Nutrition Score:74.113913245823%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Myricetin: 2.54mg, Quercetin: 26.42mg, Quercetin: 26.42mg, Quercetin: 26.42mg, Quercetin: 26.42mg

Nutrients (% of daily need)

Calories: 3030.52kcal (151.53%), Fat: 272.06g (418.56%), Saturated Fat: 90.61g (566.3%), Carbohydrates: 60.07g (20.02%), Net Carbohydrates: 46.34g (16.85%), Sugar: 21.17g (23.53%), Cholesterol: 517.1mg (172.37%), Sodium: 494.22mg (21.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.03g (166.06%), Vitamin K: 169.21µg (161.15%), Vitamin B3: 28.9mg (144.52%), Selenium: 89.87µg (128.38%), Phosphorus: 1171.75mg (117.17%), Vitamin B1:

1.65mg (109.79%), Iron: 18.91mg (105.03%), Copper: 2.06mg (103.02%), Vitamin C: 79.9mg (96.84%), Vitamin B2: 1.6mg (94.1%), Vitamin B6: 1.83mg (91.25%), Vitamin A: 4380.31IU (87.61%), Manganese: 1.69mg (84.47%), Vitamin B5: 8.11mg (81.15%), Folate: 303.88µg (75.97%), Potassium: 2607.74mg (74.51%), Zinc: 10.97mg (73.15%), Vitamin E: 8.81mg (58.74%), Fiber: 13.72g (54.89%), Magnesium: 197.09mg (49.27%), Vitamin D: 4.76µg (31.75%), Vitamin B12: 1.7µg (28.35%), Calcium: 225.72mg (22.57%)