



Braised Duck Legs with Shallots and Parsnips



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 teaspoons pepper black
- ☐ 6 cups chicken stock see homemade canned store-bought (preferably not broth; 48 to 64 fl oz)
- ☐ 2 cups cooking wine dry white
- ☐ 12 duck legs fresh (7 to 11 lb depending on amount of fat on legs)
- ☐ 1.5 tablespoons thyme leaves dried fresh crumbled chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.3 teaspoon ground allspice
- ☐ 4 lb parsnips 1-inch-thick peeled (halve large slices lengthwise)

- ☐ 2.5 teaspoons salt
- ☐ 2 lb shallots peeled halved
- ☐ 12 servings garnish: thyme sprigs fresh
- ☐ 2 turkish bay leaf halved

Equipment

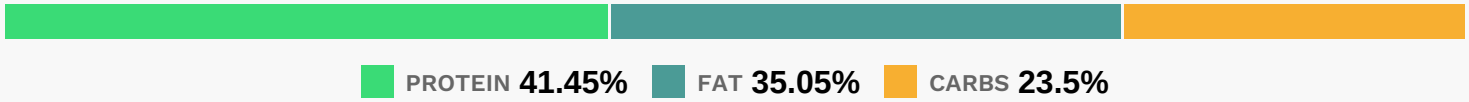
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 450°F.
- ☐ Trim fat and skin from sides of duck legs, leaving a covering of skin on top of legs (there may be fat underneath skin). Reserve 1/2 cup fat (for cooking). Score skin on legs in a 1/2-inch crosshatch pattern, cutting through fat but not into meat.
- ☐ Coarsely chop reserved duck fat and heat in a 12-inch heavy skillet over moderate heat, stirring occasionally, until melted.
- ☐ Remove from heat and discard any solids with a slotted spoon.
- ☐ Divide shallots, parsnips, garlic, thyme, bay leaves, 1 teaspoon salt, and 1 teaspoon pepper between baking pans.
- ☐ Add 2 tablespoons rendered duck fat to each pan, reserving remainder in skillet, and toss to coat vegetables. Roast vegetables, turning occasionally and switching position of pans halfway through roasting, until browned in patches, 20 to 30 minutes total.
- ☐ Pat duck legs dry. Stir together allspice, remaining 1 1/2 teaspoons salt, and remaining 3/4 teaspoon pepper in a small bowl and rub all over legs.

- ☐ Heat fat remaining in skillet over moderately high heat until hot but not smoking, then sauté 4 duck legs, skin sides down, until well browned, 3 to 5 minutes. Turn legs over with tongs and sauté until undersides are browned, 2 minutes more.
- ☐ Transfer with tongs to paper towels to drain. Brown remaining duck legs (in batches of
- ☐ in same manner, pouring off all but 2 tablespoons fat from skillet between batches.
- ☐ Reduce oven temperature to 375°F.
- ☐ Divide duck legs between baking pans, nestling them, skin sides up, in vegetables.
- ☐ Add wine and just enough stock so that most of each leg is submerged but skins are not.
- ☐ Braise duck and vegetables, uncovered, switching position of pans halfway through braising, until duck is tender, 1 1/2 to 2 hours total.
- ☐ Transfer vegetables and duck with a slotted spoon to a platter. Skim fat from pan juices and serve juices, seasoned with salt and pepper if necessary, on the side.
- ☐ Duck and vegetables can be browned and arranged in roasting pans (but not braised) 1 day ahead. Cool, uncovered, then chill, covered.
- ☐ Add wine and stock just before braising.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:13.74, Inflammation Score:-9, Nutrition Score:29.079565449901%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 769.85kcal (38.49%), Fat: 28.57g (43.96%), Saturated Fat: 7.55g (47.2%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 32.83g (11.94%), Sugar: 13.61g (15.13%), Cholesterol: 247.9mg (82.63%), Sodium: 1195.15mg (51.96%), Alcohol: 4.12g (100%), Alcohol %: 0.96% (100%), Protein: 76.03g (152.06%), Selenium: 60.36µg (86.23%),

Vitamin B3: 13.72mg (68.62%), Manganese: 1.23mg (61.71%), Vitamin C: 36.63mg (44.4%), Vitamin K: 46.21µg (44.01%), Iron: 7.69mg (42.7%), Fiber: 10.27g (41.07%), Folate: 131.41µg (32.85%), Phosphorus: 321.37mg (32.14%), Vitamin B6: 0.64mg (31.78%), Potassium: 1024.72mg (29.28%), Zinc: 3.88mg (25.83%), Magnesium: 86.82mg (21.7%), Vitamin E: 2.65mg (17.68%), Vitamin B12: 1.02µg (17.08%), Copper: 0.32mg (15.96%), Calcium: 135.52mg (13.55%), Vitamin B1: 0.19mg (12.63%), Vitamin B2: 0.21mg (12.24%), Vitamin B5: 1.16mg (11.61%), Vitamin A: 253.93IU (5.08%)