



Creamy SauerKraut Gratin with Duck Confit

READY IN



1500 min.

SERVINGS



6

CALORIES



620 kcal

SIDE DISH

Ingredients

- 0.3 cup breadcrumbs plain dry fine
- 3 duck confit legs at room temperature
- 4 large eggs
- 2 cups cup heavy whipping cream
- 0.3 teaspoon juniper berries crushed (see cooks' note, below)
- 0.3 teaspoon nutmeg grated
- 1 large onion finely chopped
- 2 pounds sauerkraut drained chopped
- 1 bay leaves

2 tablespoons butter unsalted

1 cup milk whole

Equipment

frying pan

oven

whisk

baking pan

Directions

Preheat oven to 375°F with rack in middle.

Butter baking dish and coat with bread crumbs. Chill until ready to use.

Cook onion with bay leaf and juniper berries in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until well browned, 8 to 10 minutes.

Add sauerkraut and cook, stirring occasionally, until heated through and liquid has evaporated, about 2 minutes. Discard bay leaf.

Meanwhile, remove skin and bones from duck legs, reserving skin and discarding bones. Tear meat into 1-inch pieces and stir into sauerkraut.

Transfer to baking dish.

Whisk together cream, milk, eggs, nutmeg, 1/2 teaspoon salt, and 1/4 teaspoon pepper, then pour over sauerkraut.

Bake until custard is set and edges are lightly browned, 45 to 50 minutes.

Meanwhile, remove skin and bones from duck legs, reserving skin and discarding bones. Tear meat into 1-inch pieces and stir into sauerkraut.

Transfer to baking dish.

Whisk together cream, milk, eggs, nutmeg, 1/2 teaspoon salt, and 1/4 teaspoon pepper, then pour over sauerkraut.

Bake until custard is set and edges are lightly browned, 45 to 50 minutes. While custard bakes, thinly slice reserved skin, then season lightly with salt and pepper. Cook in a dry medium nonstick skillet over low heat, stirring to separate, until fat is rendered and skin is crisp, 6 to 8 minutes.

- Serve gratin with crisp skin scattered on top.
- Juniper berries can be found in the spice section of the supermarket. •Vegetarian option: Sauerkraut gratin, without duck confit, can be served as a side dish.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:18.296521788058%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 620.02kcal (31%), Fat: 47.27g (72.72%), Saturated Fat: 25.15g (157.17%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 11.53g (4.19%), Sugar: 8.45g (9.39%), Cholesterol: 326.89mg (108.96%), Sodium: 1212.97mg (52.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.33%), Selenium: 34.4µg (49.15%), Vitamin C: 25.86mg (31.34%), Vitamin A: 1557.53IU (31.15%), Vitamin B3: 5.64mg (28.21%), Iron: 4.96mg (27.55%), Vitamin B2: 0.42mg (24.56%), Vitamin K: 23.14µg (22.04%), Fiber: 5.03g (20.14%), Phosphorus: 199.32mg (19.93%), Calcium: 190.43mg (19.04%), Vitamin B6: 0.34mg (17.09%), Vitamin D: 2.45µg (16.36%), Folate: 64.93µg (16.23%), Manganese: 0.32mg (15.88%), Potassium: 486.22mg (13.89%), Vitamin B12: 0.67µg (11.11%), Vitamin B5: 1.07mg (10.66%), Copper: 0.2mg (10.06%), Magnesium: 38.79mg (9.7%), Vitamin E: 1.43mg (9.52%), Vitamin B1: 0.14mg (9.28%), Zinc: 1.19mg (7.93%)