



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

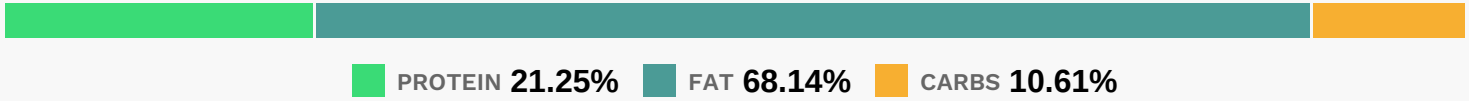
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

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: Og (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%)