



## Crisp Roast Duck with Olives

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



854 kcal

### Ingredients

- 2 cups chicken stock see homemade
- 1 duck
- 0.7 cup olive green pitted
- 1 tbsp sun-dried olives dried
- 1 tbsp sun-dried olives dried

### Equipment

- bowl
- frying pan
- oven

- pot
- baking pan
- aluminum foil
- skewers

## Directions

- This recipe yields a succulent roast duck, every morsel of which is tender and tasty, and as a by-product, a good half pint of duck fat. No cook worth her salt would waste a scrap of this precious substance, which is kept in a pot in the fridge and used for frying and flavoring.
- Trim any flaps of fat on the duck, and pull out any lumps of fat tucked inside. Rinse and dry the duck, then prick lightly all over with a skewer (about 20–30 times), trying to pierce the skin but not the flesh underneath. Rub all over with salt and sprinkle some inside the cavity.
- Put on a rack and roast upside down for 3 hours at 250° F (200° F convection).
- Drain the fat into a bowl, set the duck the right way up and increase the heat to 350° F (325° F convection) for 45 minutes longer, till nicely browned. Leave to stand for 15 minutes, loosely covered with foil.
- Reduce the chicken stock with the tomato and herbs to a saucelike consistency, then strain into a clean pan. Simmer the olives in water for 2 minutes to temper the flavor, then strain and stir into the sauce.
- Cut the duck into pieces and serve with the sauce.
- Raynaudes Secret
- Baked olives: it is a revelation how olives are transformed by heating, their flavor mellowed and softened. Next time you wish to serve olives with drinks, try baking them.
- Cut a square of foil and put in a small baking dish, pulling up the sides. Put rinsed olives in the middle with a splash of olive oil, half a dozen peppercorns, a halved clove of garlic, a few coriander seeds, a bay leaf and a strip of orange zest. Wrap in the foil to enclose the olives completely then bake at 350° F (325°F convection) for 10 minutes or up to half an hour.
- Serve in the foil parcel.
- From A Table in the Tarn by Orlando Murrin. Text copyright © 2009 by Orlando Murrin and Peter Steggall; photographs copyright © 2009 by Jonathan Buckley. Published by Stewart, Tabori & Chang, an imprint of Harry N. Abrams, Inc.

## Nutrition Facts

PROTEIN 12.04% FAT 84.9% CARBS 3.06%

## Properties

Glycemic Index:15, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:17.51304344509%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

## Nutrients (% of daily need)

Calories: 853.91kcal (42.7%), Fat: 80.1g (123.22%), Saturated Fat: 26.1g (163.14%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.96g (3.29%), Cholesterol: 148.76mg (49.59%), Sodium: 645.6mg (28.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.55g (51.11%), Vitamin B3: 9.69mg (48.45%), Selenium: 26.66µg (38.09%), Phosphorus: 307.69mg (30.77%), Vitamin B2: 0.52mg (30.41%), Vitamin B1: 0.44mg (29.08%), Copper: 0.58mg (28.9%), Iron: 5.17mg (28.74%), Vitamin B6: 0.45mg (22.57%), Zinc: 2.82mg (18.83%), Vitamin B5: 1.87mg (18.74%), Potassium: 620.39mg (17.73%), Vitamin E: 2.23mg (14.87%), Vitamin K: 12.14µg (11.56%), Magnesium: 40.78mg (10.19%), Vitamin D: 1.34µg (8.91%), Vitamin A: 434.76IU (8.7%), Folate: 33.21µg (8.3%), Vitamin B12: 0.48µg (7.96%), Vitamin C: 6.57mg (7.96%), Fiber: 1.05g (4.2%), Manganese: 0.08mg (3.93%), Calcium: 39.06mg (3.91%)