



Crisp Roast Duck with Olives



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



851 kcal

Ingredients

- ☐ 2 cups chicken stock see homemade
- ☐ 1 duck
- ☐ 0.7 cup olives green pitted
- ☐ 1 tbsp tomato purée 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 **12.01%**  FAT **85.25%**  CARBS **2.74%**

Properties

Glycemic Index:7.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:17.107391378154%

Flavonoids

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

Nutrients (% of daily need)

Calories: 850.69kcal (42.53%), Fat: 80.06g (123.17%), Saturated Fat: 26.1g (163.11%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.9g (1.78%), Sugar: 2.49g (2.76%), Cholesterol: 148.76mg (49.59%), Sodium: 644.27mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Vitamin B3: 9.58mg (47.88%), Selenium: 26.6µg (37.99%), Phosphorus: 303.24mg (30.32%), Vitamin B2: 0.51mg (30.05%), Vitamin B1: 0.43mg (28.64%), Iron: 5.06mg (28.11%), Copper: 0.56mg (28.02%), Vitamin B6: 0.45mg (22.36%), Zinc: 2.8mg (18.66%), Vitamin B5: 1.85mg (18.48%), Potassium: 577.52mg (16.5%), Vitamin E: 2.23mg (14.87%), Vitamin K: 11.6µg (11.05%), Magnesium: 38.35mg (9.59%), Vitamin D: 1.34µg (8.91%), Vitamin A: 423.83IU (8.48%), Folate: 32.35µg (8.09%), Vitamin B12: 0.48µg (7.96%), Vitamin C: 6.08mg (7.37%), Calcium: 37.69mg (3.77%), Fiber: 0.9g (3.59%), Manganese: 0.06mg (2.78%)