



## Crispy Skinned Duck With Truffled Red Currant Port Sauce and Tru

 Gluten Free  Very Healthy

READY IN



65 min.

SERVINGS



2

CALORIES



1335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 cup beef broth
- 0.5 teaspoon vegetable stock
- 1 tablespoon butter
- 1 cup chicken broth
- 3 teaspoons cornstarch
- 2 tablespoons cup heavy whipping cream

- 2 duck breast meat – skin left on
- 4 garlic clove crushed
- 0.7 cup jam red
- 2 servings parsnips to cover parsnips while cooking
- 150 g mushrooms wild chopped finely
- 1 tablespoon olive oil
- 4 parsnips peeled chopped
- 2 tablespoons port wine
- 2 cups red wine
- 1 teaspoon thyme leaves
- 4 thyme sprigs fresh
- 1 tablespoon truffle oil white

## Equipment

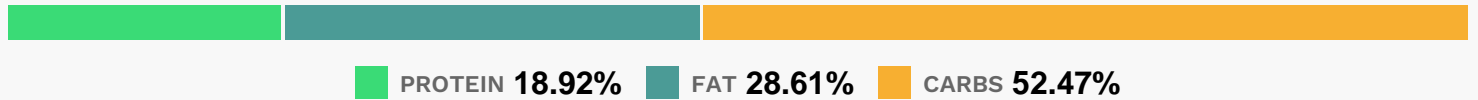
- frying pan
- sauce pan
- oven
- stove

## Directions

- Sauce.
- Combine wine, broths, thyme sprigs and bay leaves in a saucepan, bring to boil and leave on the stove until reduced to about 1 1/2 cups (approx 35 minutes). Reduce heat, add port and red currant jam, stir to combine, remove bay leaves and thyme sprigs.
- Add butter and stir until it melts, mix a little water with the cornflour, add to sauce and stir until sauce thickens. Note: Sauce can be made a day ahead of time and just reheated to save time on the day. Parsnip Mash.
- Place chopped parsnips in a saucepan along with just enough milk to cover, bring to boil and boil until tender, drain reserving a little milk to blend.

- Add cream, stock, reserved milk and butter to parsnips and blend or process until smooth. In a small fry pan, heat olive oil, add mushrooms and garlic, cook until mushrooms soften, stir in thyme leaves.
- Add to mash and stir to combine, add truffle oil and mix well. Duck Breasts.
- Add duck breasts to hot pan, not quite smoking, skin side down, cook until nicely browned and most of the duck fat has been rendered. (about 8–10 minutes).
- Place duck breasts skin side up in an oven proof dish and place in preheated oven 180C, cook for 20 minutes, gives a nice pink centre, or cook to desired doneness. To
- Place mash on plates top with sliced duck breast and drizzle sauce around plate, serve extra sauce on the side. Sauce.

## Nutrition Facts



## Properties

Glycemic Index:210.5, Glycemic Load:65.62, Inflammation Score:-10, Nutrition Score:64.094347394031%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 5.75mg, Petunidin: 5.75mg, Petunidin: 5.75mg, Petunidin: 5.75mg Delphinidin: 5.41mg, Delphinidin: 5.41mg, Delphinidin: 5.41mg, Delphinidin: 5.41mg Malvidin: 47.44mg, Malvidin: 47.44mg, Malvidin: 47.44mg, Malvidin: 47.44mg Peonidin: 3.59mg, Peonidin: 3.59mg, Peonidin: 3.59mg, Peonidin: 3.59mg Catechin: 18.61mg, Catechin: 18.61mg, Catechin: 18.61mg, Catechin: 18.61mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 10.23mg, Epicatechin: 10.23mg, Epicatechin: 10.23mg, Epicatechin: 10.23mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 4.25mg, Naringenin: 4.25mg, Naringenin: 4.25mg, Naringenin: 4.25mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg Gallic acid: 0.19mg, Gallic acid: 0.19mg, Gallic acid: 0.19mg, Gallic acid: 0.19mg

## Nutrients (% of daily need)

Calories: 1334.97kcal (66.75%), Fat: 36.68g (56.43%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 151.34g (50.45%), Net Carbohydrates: 133.51g (48.55%), Sugar: 75.05g (83.39%), Cholesterol: 208.37mg (69.46%), Sodium: 1149.13mg (49.96%), Alcohol: 27.74g (100%), Alcohol %: 2.77% (100%), Protein: 54.58g (109.17%), Vitamin B12:

29.55µg (492.56%), Manganese: 2.38mg (119.23%), Vitamin C: 85.24mg (103.32%), Vitamin B6: 1.98mg (98.87%), Selenium: 63.36µg (90.52%), Vitamin B1: 1.32mg (88.09%), Vitamin B2: 1.44mg (84.97%), Iron: 15.14mg (84.1%), Phosphorus: 827.3mg (82.73%), Vitamin K: 80.43µg (76.6%), Copper: 1.49mg (74.6%), Potassium: 2561.27mg (73.18%), Vitamin B3: 14.48mg (72.42%), Fiber: 17.83g (71.34%), Folate: 254.47µg (63.62%), Vitamin B5: 5.02mg (50.25%), Magnesium: 192.62mg (48.15%), Vitamin E: 7.15mg (47.64%), Zinc: 4.48mg (29.84%), Calcium: 211.58mg (21.16%), Vitamin A: 674.28IU (13.49%), Vitamin D: 0.39µg (2.6%)