



Duck à l'Orange

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 peppercorns whole black
- 1 medium carrots peeled halved lengthwise
- 1 celery stalks coarsely chopped
- 4 servings pepper freshly ground
- 3 navel oranges
- 0.3 cup port wine
- 3 sprigs thyme leaves
- 1 onion yellow coarsely chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- sieve

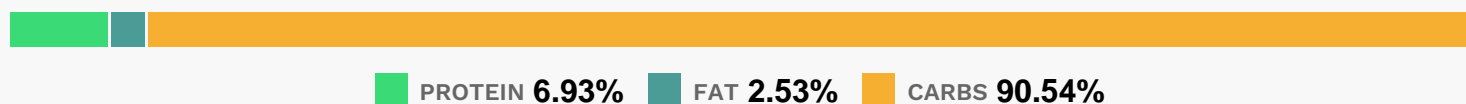
Directions

- Set giblets from duck aside; reserve liver for another use. Trim skin from both openings of the cavity; set aside for rendering.
- Cut both leg-thigh pieces off duck.
- Cut wings from breasts. Carve breasts from carcass for 2 boneless breasts. Trim off wing tips and flats; set aside.
- Cut carcass into quarters. Cover and chill leg, breast, and wing pieces.
- Heat reserved duck skin in a large heavy pot over medium heat. Cook, stirring, until about 2 tablespoons fat is rendered; discard skin.
- Add giblets, wing tips and flats, carcass pieces, onion, and thyme sprigs. Cook, stirring occasionally, until lightly browned, about 15 minutes.
- Add celery, carrot, peppercorns, and 6 cups water. Bring to a boil over high heat, skimming any foam that rises to the surface. Reduce heat to medium; simmer duck stock for 1 hour.
- Meanwhile, using a sharp knife, cut all peel and white pith from 1 orange; set peel aside. Working over a medium bowl, cut between membranes to release segments into bowl; set aside.
- Add orange peel to simmering stock. Juice remaining 2 oranges and set juice aside.
- Strain stock through a fine-mesh sieve into a medium bowl (you should have about 2 cups).
- Transfer orange peel to a work surface; discard remaining solids in sieve. Slice peel into thin strips (remove white pith for a more refined look, if desired); set aside. DO AHEAD: Stock can be made 1 day ahead. Cover and chill stock and peel separately.
- Prick duck pieces all over with a sharp knife. Season with salt and pepper. Arrange them in a single layer in a large heavy skillet (use 2 if needed), skin side down, and cook over medium

heat, occasionally pouring off fat from skillet into a heatproof bowl, until skin is deep golden brown, 18–20 minutes. (Cover and chill fat; save for cooking potatoes or stir-fried rice.)

- Turn over duck pieces. Cook breasts, skinside up, until an instant-read thermometer inserted horizontally into thickest part of breast registers 125°F for medium-rare, about 2 minutes.
- Transfer breasts to a larger rimmed baking sheet. Continue cooking legs and wings until well browned on both sides and juices run clear when thigh is pierced with a fork, 10–15 minutes longer.
- Transfer to sheet with breasts.
- Pour off fat from skillet, leaving browned bits behind.
- Preheat oven to 450°F. Return skillet with browned bits to medium-high heat.
- Pour in Port and cook, scraping pan with a wooden spoon (the browned bits will add extra flavor to the sauce), until reduced and syrupy, about 2 minutes.
- Add reserved orange juice and duck stock; boil, stirring occasionally, until sauce is smooth and thickened, about 20 minutes. Season sauce to taste with salt and pepper. Cover and keep warm.
- Place rimmed baking sheet with duck pieces in oven.
- Bake until duck is just heated through, 5–8 minutes.
- Pour warm sauce onto a deep platter. Scatter orange segments and strips of peel over. Top with duck pieces.

Nutrition Facts



Properties

Glycemic Index: 53.71, Glycemic Load: 1.12, Inflammation Score: -10, Nutrition Score: 9.9913042252478%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Hesperetin: 22.96mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Naringenin: 7.45mg, Apigenin: 0.05mg, Apigenin:

0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg,
Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 94.16kcal (4.71%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 19.61g (6.54%), Net
Carbohydrates: 16.23g (5.9%), Sugar: 12g (13.33%), Cholesterol: 0mg (0%), Sodium: 14.94mg (0.65%), Alcohol: 2.3g
(100%), Alcohol %: 1.77% (100%), Protein: 1.5g (3%), Vitamin C: 66.22mg (80.27%), Vitamin A: 2848.92IU (56.98%),
Fiber: 3.38g (13.53%), Folate: 44.56µg (11.14%), Potassium: 287.21mg (8.21%), Manganese: 0.15mg (7.41%), Vitamin
B6: 0.14mg (7.05%), Vitamin B1: 0.1mg (6.51%), Calcium: 62.14mg (6.21%), Magnesium: 19.17mg (4.79%), Vitamin B2:
0.08mg (4.53%), Phosphorus: 40.2mg (4.02%), Copper: 0.07mg (3.64%), Vitamin B5: 0.36mg (3.63%), Vitamin B3:
0.68mg (3.4%), Vitamin K: 2.78µg (2.65%), Iron: 0.43mg (2.39%), Vitamin E: 0.27mg (1.79%), Zinc: 0.2mg (1.3%)