



Duck à l'Orange



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 peppercorns whole black
- ☐ 1 medium carrots peeled halved lengthwise
- ☐ 1 celery stalk coarsely chopped
- ☐ 5.5 pounds pekin duck (Long Island)
- ☐ 4 servings kosher salt freshly ground
- ☐ 3 navel oranges
- ☐ 0.3 cup port
- ☐ 3 sprigs thyme leaves

- ☐ 1 onion yellow coarsely chopped

Equipment

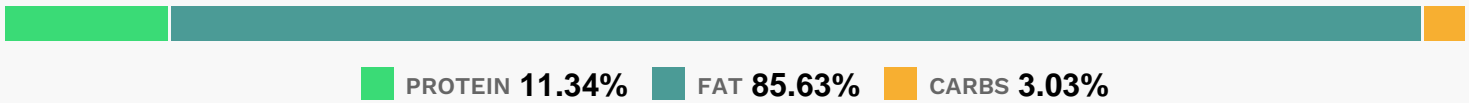
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ sieve

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, skin side 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: 54.529565479444%

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, 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: 2613.87kcal (130.69%), Fat: 245.6g (377.85%), Saturated Fat: 82.49g (515.58%), Carbohydrates: 19.61g
(6.54%), Net Carbohydrates: 16.23g (5.9%), Sugar: 12g (13.33%), Cholesterol: 474mg (158%), Sodium: 407.86mg
(17.73%), Alcohol: 2.3g (100%), Alcohol %: 0.37% (100%), Protein: 73.16g (146.33%), Vitamin B3: 25.22mg (126.08%),
Selenium: 77.58µg (110.83%), Vitamin C: 83.68mg (101.44%), Phosphorus: 907.13mg (90.71%), Vitamin B1: 1.33mg
(88.42%), Iron: 15.4mg (85.55%), Vitamin B2: 1.39mg (81.58%), Vitamin A: 3896.72IU (77.93%), Copper: 1.54mg
(77.23%), Vitamin B6: 1.33mg (66.3%), Vitamin B5: 6.29mg (62.94%), Zinc: 8.68mg (57.85%), Potassium: 1590.72mg
(45.45%), Vitamin K: 37.09µg (35.32%), Folate: 125.64µg (31.41%), Vitamin E: 4.63mg (30.9%), Vitamin D: 4.37µg
(29.11%), Magnesium: 112.73mg (28.18%), Vitamin B12: 1.56µg (25.99%), Fiber: 3.38g (13.53%), Calcium: 130.75mg
(13.07%), Manganese: 0.25mg (12.71%)