



Duck Bigarade

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 1.5 pounds duck breast meat – skin left on
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 shot orange liqueur
- ☐ 0.5 orange juice
- ☐ 4 servings kosher salt
- ☐ 0.5 cranberry-orange relish sweet thinly sliced quartered
- ☐ 1 orange zest grated

- ☐ 1 tablespoon sherry vinegar
- ☐ 1 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ aluminum foil
- ☐ cutting board

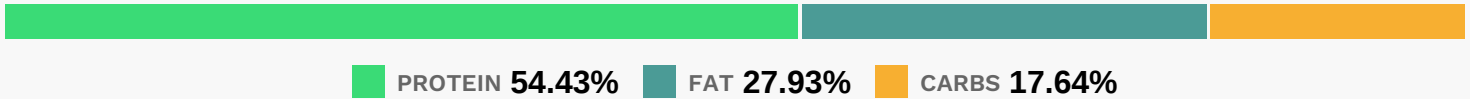
Directions

- ☐ Remove the duck breasts from the refrigerator, salt them well, and set them aside at room temperature for 30 minutes.
- ☐ Pan sear the duck breasts. You may have to do this in batches. When the breasts are cooked, set them aside skin side up on a cutting board and let them rest, tented with aluminum foil, while you make the sauce.
- ☐ To make the sauce, pour off all but about 2 tablespoons of the fat from the pan and place the pan over medium heat.
- ☐ Sprinkle the flour into the pan and stir to combine and make a roux.
- ☐ Let it cook, stirring occasionally, for 4 to 5 minutes, until it is the color of coffee with cream.
- ☐ Add a pinch of salt and stir to combine, then slowly stir in the stock, orange juice, liqueur, and vinegar. Everything will spatter at first, but it will calm down.
- ☐ Add any accumulated juices from the duck to the sauce.
- ☐ Let this boil down until it is a little thinner than the consistency of Thanksgiving gravy.
- ☐ Add the sugar, then taste and adjust with salt. If you want a more refined sauce, pour it through a fine-mesh sieve into a bowl.
- ☐ To serve, slice the breasts. Spoon some sauce on each plate and top with breast slices.
- ☐ Garnish with the orange zest and orange slices.
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of the Crown Publishing Group, a division of Random House, Inc.Hank Shaw is the author of the book Hunt, Gather, Cook and the blog Hunter Angler Gardener Cook, which won the James Beard Award for Best Blog in 2013 and the IACP Best Food Blog award in both 2010 and 201

Shaw has been featured on the Travel Channel's Bizarre Foods and his work has appeared in Food & Wine, Organic Gardening, Field & Stream, and the Art of Eating, as well as hunting and conservation magazines such as Delta Waterfowl, California Waterfowl Magazine, and Pheasants Forever. He lives in the Sacramento, California area. Learn more at www.honest-food.net.

Nutrition Facts



Properties

Glycemic Index:59.9, Glycemic Load:2.79, Inflammation Score:-4, Nutrition Score:23.040434946185%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 290.07kcal (14.5%), Fat: 8.13g (12.51%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 10.78g (3.92%), Sugar: 7.65g (8.5%), Cholesterol: 132.77mg (44.26%), Sodium: 377.94mg (16.43%), Alcohol: 2.86g (100%), Alcohol %: 1.32% (100%), Protein: 35.65g (71.3%), Vitamin B12: 22.11µg (368.54%), Vitamin B6: 1.08mg (53.81%), Selenium: 36.13µg (51.62%), Vitamin B1: 0.74mg (49.41%), Iron: 7.95mg (44.16%), Vitamin B3: 6.96mg (34.81%), Vitamin B2: 0.58mg (34.33%), Phosphorus: 339.76mg (33.98%), Vitamin C: 27.23mg (33%), Copper: 0.56mg (28.19%), Potassium: 576.69mg (16.48%), Vitamin B5: 1.44mg (14.39%), Magnesium: 43.84mg (10.96%), Zinc: 1.32mg (8.77%), Folate: 24.7µg (6.17%), Vitamin A: 156.4IU (3.13%), Fiber: 0.78g (3.11%), Calcium: 19.85mg (1.99%), Manganese: 0.02mg (1.1%)