



Duck Egg Cake with Rosemary

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



736 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1.5 cups cake flour
- 4 eggs
- 7 tablespoons duck fat melted
- 2 tablespoons rosemary leaves fresh minced
- 1 pinch kosher salt
- 3 tablespoons olive oil
- 0.8 cup sugar

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat the oven to 325°F. Grease a 9-inch loaf pan with butter.
- Crack the duck eggs into a large bowl, add the sugar, and beat with a whisk until well combined and slightly frothy.
- Drizzle in the oil and duck fat while stirring the mixture. Once the fat is well incorporated into the mixture, sprinkle the rosemary on top.
- In a second bowl, whisk together the flour, baking powder, and salt. Using the whisk, stir the flour into the egg-fat mixture until combined.
- Pour the batter into the prepared pan and bake for 50 minutes. Stick a toothpick into the center of the cake, and if it comes out clean, the cake is ready. If not, bake for another 10 minutes.
- Let the cake cool in the pan on a cooling rack for 5 minutes, then turn it out onto the rack. Slice and eat warm or at room temperature.
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- 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

PROTEIN 7.87% **FAT 52.62%** **CARBS 39.51%**

Properties

Glycemic Index:57.27, Glycemic Load:48.96, Inflammation Score:-1, Nutrition Score:16.447391385617%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 736.38kcal (36.82%), Fat: 43.45g (66.85%), Saturated Fat: 11.61g (72.53%), Carbohydrates: 73.4g (24.47%), Net Carbohydrates: 72.13g (26.23%), Sugar: 38.22g (42.47%), Cholesterol: 641.2mg (213.73%), Sodium: 431.67mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.23%), Selenium: 44.37µg (63.38%), Vitamin B12: 3.78µg (63%), Phosphorus: 265.86mg (26.59%), Calcium: 231.77mg (23.18%), Vitamin E: 3.24mg (21.62%), Manganese: 0.41mg (20.47%), Iron: 3.59mg (19.95%), Vitamin B2: 0.32mg (18.8%), Folate: 72.56µg (18.14%), Vitamin B5: 1.52mg (15.17%), Vitamin D: 2.27µg (15.1%), Vitamin A: 501.98IU (10.04%), Vitamin B1: 0.15mg (9.8%), Vitamin B6: 0.2mg (9.79%), Zinc: 1.4mg (9.33%), Copper: 0.13mg (6.73%), Vitamin K: 6.74µg (6.42%), Magnesium: 25.34mg (6.33%), Potassium: 210.41mg (6.01%), Fiber: 1.27g (5.09%), Vitamin B3: 0.62mg (3.09%)