



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

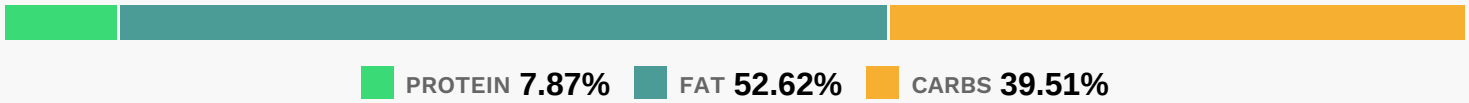
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

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



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: Og (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%)