



Duck Legs in Green Olive Sauce with Cracklings and Pappardelle

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



609 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons bread crumbs dried fine
- ☐ 8 oz tomato sauce canned
- ☐ 2 teaspoons thyme leaves dried
- ☐ 6 duck legs whole (thighs and drumsticks attached, 3 lbs. total) ()
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 0.3 cup kosher salt
- ☐ 2 cups chicken broth reduced-sodium

- ☐ 1 cup cracked olives green drained (see Notes)
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon orange zest (use small holes of a box grater)
- ☐ 3 tablespoons liqueur orange-flavored
- ☐ 1 tablespoon brined peppercorns green drained
- ☐ 0.3 cup sugar
- ☐ 12 ounces wide egg noodles

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

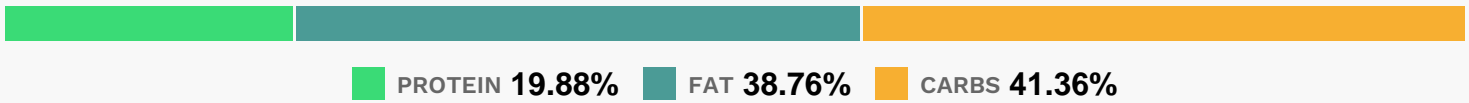
Directions

- ☐ Pull and carefully cut skin from duck legs without cutting meat; set skin aside. Trim and discard any fat from meat.
- ☐ Mix sugar and salt in a large bowl; add duck legs and rub with mixture. Cover duck legs and chill at least 30 minutes or up to 1 hour.
- ☐ Meanwhile, preheat oven to 35
- ☐ Lay duck skin flat on work surface, fat side up. With a sharp knife, slice off any thick areas of fat so fat is even; discard trimmings. Stretch skin flat, fat side down, in a single layer in a rimmed baking pan.
- ☐ Bake until skin is crisp and deep golden, 25 to 30 minutes; occasionally turn pieces over. With tongs, transfer crisp skin (cracklings) to paper towels to drain. Reserve 3 tbsp. duck fat; save

the rest for another use (see Notes). Coarsely chop cracklings; set aside.

- ☐ Rinse duck legs well, rubbing gently to help release salt. Pat dry.
- ☐ Pour 2 tbsp. reserved duck fat into a 12-in. frying pan over medium-high heat. Lightly brown 1/2 of duck legs, turning as needed, 5 to 8 minutes; reduce heat if pan starts to scorch. Repeat with remaining duck.
- ☐ Transfer duck to a shallow baking dish (2 1/2 to 3 qt.).
- ☐ Add onion to pan and cook, stirring, until soft, 4 to 5 minutes.
- ☐ Add broth, tomato sauce, thyme, olives, and peppercorns. Reduce heat and simmer about 10 minutes, stirring occasionally to blend flavors.
- ☐ Add orange liqueur and orange zest.
- ☐ Pour over duck, cover dish tightly with foil, and bake until duck is very tender when pierced, about 1 1/2 hours.
- ☐ About 15 minutes before duck is done, cook pasta in salted boiling water according to package directions.
- ☐ Drain pasta and return it to cooking pot.
- ☐ Stir remaining duck fat, the bread crumbs, and cracklings in a large frying pan over medium-high heat until crumbs are lightly toasted, 2 to 3 minutes.
- ☐ Skim and discard fat from duck sauce.
- ☐ Mix about 1/2 cup sauce into pasta. Arrange pasta on a large platter and top with duck legs. Spoon remaining sauce on top and sprinkle with parsley and crackling mixture.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:23.82, Inflammation Score:-7, Nutrition Score:22.36913038855%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 608.78kcal (30.44%), Fat: 25.67g (39.49%), Saturated Fat: 6.42g (40.14%), Carbohydrates: 61.64g (20.55%), Net Carbohydrates: 57.68g (20.97%), Sugar: 14.94g (16.6%), Cholesterol: 158.37mg (52.79%), Sodium: 5458.05mg (237.31%), Alcohol: 2.98g (100%), Alcohol %: 1.04% (100%), Protein: 29.62g (59.23%), Selenium: 67.67µg (96.68%), Vitamin K: 51.15µg (48.71%), Vitamin B3: 8.35mg (41.75%), Phosphorus: 365.65mg (36.56%), Manganese: 0.66mg (32.78%), Vitamin B6: 0.59mg (29.73%), Zinc: 2.84mg (18.91%), Iron: 3.37mg (18.7%), Vitamin B5: 1.85mg (18.49%), Copper: 0.37mg (18.38%), Potassium: 614.34mg (17.55%), Magnesium: 69.45mg (17.36%), Vitamin B1: 0.25mg (16.99%), Vitamin B2: 0.28mg (16.51%), Vitamin B12: 0.98µg (16.4%), Fiber: 3.96g (15.83%), Vitamin E: 1.9mg (12.67%), Vitamin A: 600.42IU (12.01%), Vitamin C: 7.95mg (9.63%), Folate: 37.56µg (9.39%), Calcium: 75.68mg (7.57%), Vitamin D: 0.28µg (1.89%)