



Duck L'Orange with Herbed Pommes Frites

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



1076 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings canola oil for frying
- ☐ 3 tablespoons canola oil divided
- ☐ 1 cup chicken stock see good
- ☐ 2 duck breast halves skinless
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons ginger fresh finely minced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped

- ☐ 2 cloves garlic finely minced
- ☐ 2 juice of orange
- ☐ 2 servings kosher salt
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup liqueur orange-flavored
- ☐ 1 large shallots finely minced
- ☐ 2 tablespoons soya sauce sweet
- ☐ 3 yukon gold potatoes

Equipment

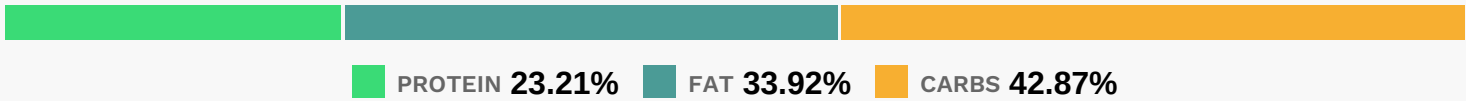
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ kitchen thermometer
- ☐ kitchen towels

Directions

- ☐ In a large saute pan, heat 2 tablespoons of canola oil until it begins to smoke. Season the duck breasts with salt, and pepper, and carefully place them in the hot pan. Turn the heat down to medium and cook about 4 minutes per side.
- ☐ Remove the duck from the pan, and add the remaining oil, and then add the ginger, shallot, and garlic. Cook, until the garlic is brown and then deglaze the pan with the orange-flavored liqueur. Simmer until the alcohol is mostly cooked off. Stir in the orange zest, orange juice, chicken stock, and sweet soy sauce. Simmer until it's cooked down and is nice and thick. Return the duck breast to the pan and toss to coat. Keep tossing until the duck is fully glazed.
- ☐ Serve the duck with the herbed pommes frites on the side.
- ☐ Drizzle with any juices left over in the pan.
- ☐ In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.

- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F.
- ☐ With a knife or mandolin, cut the potatoes into very thin sticks.
- ☐ Place the potatoes in a bowl and run cold water into the bowl until the water in the bowl runs clear. (You are trying to get all the starch out of the potatoes so they will be very crispy.) When the starch is out, drain the potatoes and lay them out on a dry kitchen towel to dry. Working in small batches, add the potatoes to the hot oil, and cook for about 1 minute.
- ☐ Remove the potatoes and let the fried potatoes drain on a paper towel. Bring the oil back up to 350 degrees F, and then add the potatoes back into the oil. Cook until a nice golden color develops.
- ☐ Drain the potatoes on a paper towel, and toss with salt, and herbs.

Nutrition Facts



Properties

Glycemic Index:194.88, Glycemic Load:37.86, Inflammation Score:-9, Nutrition Score:49.95826070205%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.17mg, Hesperetin: 7.17mg, Hesperetin: 7.17mg, Hesperetin: 7.17mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 1076.03kcal (53.8%), Fat: 35.69g (54.9%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 101.48g (33.83%), Net Carbohydrates: 94.69g (34.43%), Sugar: 46.34g (51.49%), Cholesterol: 177.62mg (59.21%), Sodium: 841.51mg (36.59%), Alcohol: 23.87g (100%), Alcohol %: 3.76% (100%), Protein: 54.95g (109.9%), Vitamin B12: 29.38µg (489.67%), Vitamin C: 104.71mg (126.93%), Vitamin B6: 2.39mg (119.36%), Vitamin K: 91.23µg (86.89%), Vitamin B1: 1.23mg (82.18%), Iron: 14.19mg (78.82%), Selenium: 49.47µg (70.67%), Vitamin B3: 12.98mg (64.91%), Phosphorus: 637.08mg (63.71%), Potassium: 2141.73mg (61.19%), Copper: 1.11mg (55.69%), Vitamin B2: 0.94mg (55.32%), Manganese: 0.81mg (40.27%), Magnesium: 141.11mg (35.28%), Vitamin E: 4.31mg (28.74%), Vitamin B5: 2.77mg (27.67%), Fiber: 6.79g (27.15%), Folate: 100.73µg (25.18%), Zinc: 2.82mg (18.78%), Vitamin A: 799.05IU (15.98%), Calcium: 106.08mg (10.61%)