



## My Father's Daughter': Gwyneth Paltrow's Duck Ragu

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



1524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.7 cup breadcrumbs fresh toasted
- ☐ 42 ounce canned tomatoes whole with their juice peeled canned
- ☐ 2 medium carrots diced peeled finely
- ☐ 2 medium stalks celery diced finely
- ☐ 1 pinch coarse salt
- ☐ 1 large duck organic washed and dried

- ☐ 4 slices duck    diced finely
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1.5 tablespoons parsley    fresh finely chopped
- ☐ 2 sprigs rosemary leaves    fresh finely minced
- ☐ 5 cloves garlic    minced peeled
- ☐ 2    lemon zest
- ☐ 1 pound pappardelle    fresh ()
- ☐ 0.3 cup tomato paste
- ☐ 1 cup red wine    italian
- ☐ 1 medium onion    diced yellow peeled finely

## Equipment

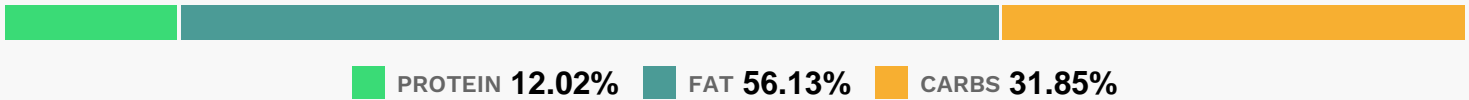
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

## Directions

- ☐ Preheat the oven to 350°F.
- ☐ Trim off excess skin from the opening to the duck's cavity and from the back end. Rub the entire duck with 1 tablespoon of olive oil and sprinkle liberally with salt and pepper, inside and out. Roast it for a total of 2 hours, flipping it from its back to its breast (and vice versa) every 1/2 hour.
- ☐ Let it cool in the pan until you can handle it.
- ☐ Drain off the fat and either discard or reserve it for another use, such as roasting potatoes.
- ☐ While the duck is roasting, heat 2 tablespoons of olive oil in a Dutch oven over medium-high heat and add the duck bacon. Cook for 5 minutes, stirring occasionally, or until starting to crisp.
- ☐ Add the onion, carrots, celery, garlic, and rosemary, turn the heat down to low, and cook, stirring occasionally, for 15 minutes, or until softened.

- ☐ Add the tomatoes and their juice and put 1/2 cup water into one can, swish it around to get all the tomato stuck to the sides, pour into the next can, and repeat again with the third.
- ☐ Add the tomato water to the Dutch oven along with the wine, a good grind of pepper, and a healthy pinch of salt. Bring to a boil and then turn the heat down very low and let simmer for 1 hour and 15 minutes.
- ☐ After the duck has cooled down a bit, remove and discard the skin and bones and shred the meat. Fold the duck meat into the ragu along with the tomato paste and cook on very low heat, uncovered, for at least 1 hour and up to 4, adding splashes of water if necessary to keep it from drying out (continue to season with salt and pepper as you splash).
- ☐ To serve, cook the pasta, divide it among bowls, and spoon a generous amount of duck ragu over the pasta. Top with the Gremolata Bread Crumbs or Parmesan.
- ☐ To make the Gremolata Bread Crumbs: Toss everything together.

## Nutrition Facts



## Properties

Glycemic Index:75.96, Glycemic Load:37.24, Inflammation Score:-10, Nutrition Score:50.693912962209%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 1524.24kcal (76.21%), Fat: 92.67g (142.56%), Saturated Fat: 28.5g (178.09%), Carbohydrates: 118.32g (39.44%), Net Carbohydrates: 108g (39.27%), Sugar: 15.75g (17.51%), Cholesterol: 241.17mg (80.39%), Sodium: 883.7mg (38.42%), Alcohol: 6.36g (100%), Alcohol %: 1.01% (100%), Protein: 44.66g (89.31%), Selenium: 119.8µg (171.14%), Vitamin A: 6307.95IU (126.16%), Manganese: 1.7mg (85.18%), Vitamin B3: 14.34mg (71.71%), Phosphorus: 684.43mg (68.44%), Iron: 11.73mg (65.14%), Vitamin B1: 0.94mg (62.64%), Vitamin K: 64.2µg (61.14%), Vitamin B6: 1.17mg (58.74%), Vitamin C: 48.15mg (58.36%), Copper: 1.16mg (57.84%), Potassium: 1734.78mg (49.57%), Vitamin B2: 0.83mg (48.82%), Vitamin E: 6.3mg (42.01%), Fiber: 10.32g (41.28%), Magnesium: 160.1mg (40.02%), Zinc: 5.87mg (39.12%), Vitamin B5: 3.56mg (35.58%), Folate: 124.56µg (31.14%), Calcium: 234.7mg (23.47%), Vitamin B12: 0.87µg (14.53%), Vitamin D: 1.68µg (11.23%)