



Pinot-Braised Duck with Spicy Greens

 Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound mustard greens rinsed ends trimmed sliced cut into 1-inch pieces, or 1 1/2 pounds mustard greens, , and crosswise (also called rapini)
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 bay leaves dried
- ☐ 32 oz duck confit legs
- ☐ 1 sprig thyme sprigs fresh rinsed
- ☐ 2 cloves garlic minced peeled
- ☐ 4 servings salt and pepper

- ☐ 1 teaspoon herbs de provence
- ☐ 1 tablespoon juice of lemon
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 750 ml pinot noir chocolate brownies
- ☐ 0.3 cup shallots minced

Equipment

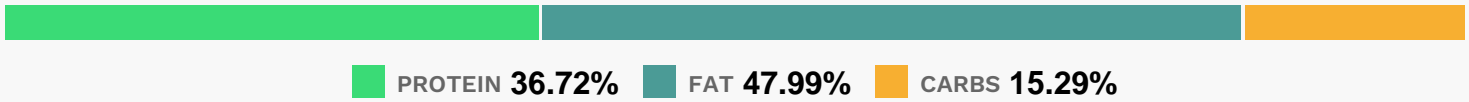
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan

Directions

- ☐ Preheat oven to 37
- ☐ Rinse duck legs and pat dry.
- ☐ Lay legs skin side up in a roasting pan that just holds them comfortably.
- ☐ Sprinkle with salt, pepper, and the herbes de Provence.
- ☐ Roast duck in preheated oven for 1 hour. Spoon fat from pan and save for other uses or discard.
- ☐ Pour wine over duck; it should be deep enough so meat is immersed but skin is exposed. Continue roasting until skin is golden red, about 30 minutes longer (20 minutes if using convection heat).
- ☐ Meanwhile, pour 1 tablespoon olive oil into a 1 1/2- to 2-quart pan over medium-high heat; add shallots and stir often until beginning to brown, about 2 minutes.
- ☐ Add chicken broth, thyme, and bay leaf; boil, stirring occasionally, until reduced to about 1 1/2 cups, about 45 minutes. When duck is done, add 1 cup braising liquid to broth mixture and boil, stirring often, until mixture is reduced by about one-fourth, about 15 minutes.

- ☐ Pour through a fine strainer into a small pitcher or bowl.
- ☐ While broth reduces, prepare greens: In a 12- to 14-inch frying pan over medium-high heat, melt butter with remaining 1 tablespoon olive oil.
- ☐ Add onion and stir often until beginning to brown, about 7 minutes.
- ☐ Add greens (if using mustard greens, add half, stir until wilted, then add remaining) and cook, stirring often, until tender to bite, 3 to 5 minutes.
- ☐ Add garlic and the anchovy, if using, and stir until fragrant, about 1 minute longer.
- ☐ Remove from heat and season to taste with salt, pepper, cayenne, and lemon juice.
- ☐ Mound greens on plates and set duck legs on top.
- ☐ Serve pan juices alongside.
- ☐ Wine pairing: A Pinot with both minerals and good fruit will bring out the best in the greens.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:27.209130535955%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 21.21mg, Isorhamnetin: 21.21mg, Isorhamnetin: 21.21mg, Isorhamnetin: 21.21mg Kaempferol: 43.8mg, Kaempferol: 43.8mg, Kaempferol: 43.8mg, Kaempferol: 43.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 21.53mg, Quercetin: 21.53mg, Quercetin: 21.53mg

Nutrients (% of daily need)

Calories: 686.11kcal (34.31%), Fat: 29.7g (45.7%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 16.02g (5.83%), Sugar: 5.5g (6.11%), Cholesterol: 185.92mg (61.97%), Sodium: 486.59mg (21.16%), Alcohol: 19.45g (100%), Alcohol %: 3.16% (100%), Protein: 51.14g (102.28%), Vitamin K: 301.78µg (287.41%), Vitamin C: 89.66mg (108.67%), Vitamin A: 3593.65IU (71.87%), Vitamin B3: 13.31mg (66.54%), Selenium: 35.87µg (51.25%), Iron: 6.35mg (35.28%), Vitamin E: 3.45mg (22.99%), Potassium: 787.61mg (22.5%), Fiber: 5.28g (21.11%), Vitamin B6: 0.37mg (18.65%), Calcium: 184.11mg (18.41%), Copper: 0.35mg (17.6%), Phosphorus: 166.48mg (16.65%), Vitamin B2: 0.22mg (12.98%), Magnesium: 49.27mg (12.32%), Vitamin B1: 0.13mg (8.77%), Manganese: 0.17mg (8.54%), Folate:

31.28µg (7.82%), Zinc: 0.72mg (4.81%), Vitamin B12: 0.24µg (4.03%), Vitamin B5: 0.37mg (3.69%)