

Potato Pancakes with Confit Duck and Red-Cabbage Beet Slaw

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 8 servings chives fresh chopped
- 3 tablespoons apple cider vinegar
- 1 cup breadcrumbs dry fine
- 6 oz duck confit legs
- 1 large eggs lightly beaten
- 1 medium onion cut into 1/4-inch dice

- 16 oz pickled beets
- 1.3 lb cabbage red cored cut into 2-inch chunks ()
- 2 baking potatoes (baking) (1 lb total)
- 1.5 teaspoons salt
- 0.5 cup vegetable oil for frying

Equipment

- food processor
- bowl
- frying pan
- paper towels
- knife
- wax paper
- spatula
- slotted spoon
- box grater

Directions

- Pulse cabbage, in batches if necessary, in a food processor until finely chopped, then transfer to a bowl and add 3/4 teaspoon salt and liquid from pickled beets. Finely chop beets (with a knife) and stir into cabbage mixture along with vinegar.
- Let stand, stirring occasionally, 30 minutes to allow flavors to develop.
- Remove skin and fat from duck leg and finely chop them (reserve meat), then cook in a 10-inch heavy skillet over moderately low heat, stirring occasionally, until fat is rendered and skin is golden and crisp, about 10 minutes.
- Transfer duck skin with a slotted spoon to paper towels to drain, reserving fat in skillet. Meanwhile, remove duck meat from bone, discarding bone, and cut into 1/4-inch dice.
- Add onion to skillet and cook over moderate heat, stirring occasionally, until browned, 7 to 9 minutes.
- Combine onion, duck meat, and reserved skin in a large bowl.

- Peel potatoes and shred using large holes of a box grater. Squeeze potatoes by handfuls to eliminate excess moisture, then add to duck mixture along with egg, pepper, and remaining 3/4 teaspoon salt, stirring until combined.
- Spread 1/2 cup bread crumbs on a sheet of wax paper. Using a scant 1/4 cup potato mixture for each pancake, make 12 mounds on crumbs. Coat mounds with remaining 1/2 cup crumbs and flatten into 3-inch patties.
- Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking. Using a slotted spatula, gently shake off excess crumbs from each potato pancake, then fry in 2 batches, turning over once, until golden, about 6 minutes per batch.
- Transfer to paper towels to drain.
- Serve immediately, with slaw.
- Slaw can be made 1 day ahead and chilled, covered.*Available at dartagnan.com

Nutrition Facts

■ PROTEIN **17.72%** ■ FAT **25.37%** ■ CARBS **56.91%**

Properties

Glycemic Index:32.59, Glycemic Load:9.08, Inflammation Score:-8, Nutrition Score:14.27391287814%

Flavonoids

Cyanidin: 148.71mg, Cyanidin: 148.71mg, Cyanidin: 148.71mg, Cyanidin: 148.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 206.94kcal (10.35%), Fat: 5.97g (9.18%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 26.03g (9.47%), Sugar: 7.65g (8.5%), Cholesterol: 39.97mg (13.32%), Sodium: 692.53mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Vitamin C: 47.35mg (57.39%), Vitamin K: 36.35µg (34.62%), Manganese: 0.59mg (29.45%), Vitamin B6: 0.41mg (20.46%), Iron: 3.19mg (17.72%), Vitamin A: 882.99IU (17.66%), Fiber: 4.08g (16.33%), Vitamin B1: 0.23mg (15.66%), Potassium: 541.34mg (15.47%), Folate: 57.14µg (14.29%), Selenium: 9.53µg (13.61%), Vitamin B3: 2.71mg (13.53%), Magnesium: 41.98mg (10.49%), Vitamin B2: 0.18mg (10.42%), Phosphorus: 99.95mg (10%), Calcium: 82.02mg (8.2%), Copper: 0.15mg (7.39%), Vitamin B5:

0.54mg (5.44%), Zinc: 0.74mg (4.93%), Vitamin E: 0.41mg (2.7%), Vitamin B12: 0.1µg (1.71%)