



WHATSheATE



Roasted Duck with Apples, Honey & Cider Vinegar



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 pound apples cored sliced into ½" wedges
- ☐ 1 carrots roughly chopped
- ☐ 3 clove garlic halved
- ☐ 2 tablespoon honey
- ☐ 1 tablespoon lemon zest
- ☐ 1 onion roughly chopped

- ☐ 4 servings salt and pepper to taste
- ☐ 1 sprig thyme leaves
- ☐ 3 tablespoon butter unsalted chilled

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ stove

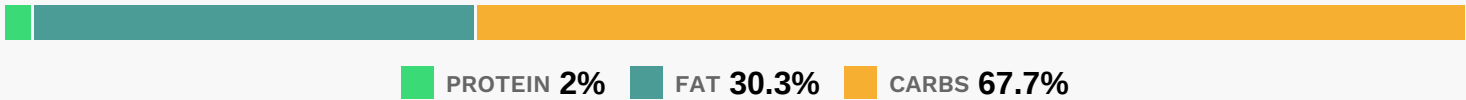
Directions

- ☐ Pre-heat oven to 400 degrees F. Wash and dry the duck inside and out very well, then season liberally with salt and pepper.
- ☐ Place the liver inside the cavity and truss the bird tightly.
- ☐ Place the duck, on it's side, in a skillet or stove-top safe roasting pan, and set it into the oven to cook 10 minutes. Turn the duck to it's other side and cook another 10 minutes. Turn the duck onto it back and roast yet another 10 minutes.
- ☐ Remove the duck from the oven and add the chopped vegetables, garlic, thyme and chopped trimming to the pan surrounding the bird. You may remove the trussing string at this time. The duck will mostly hold it's shape and the legs will brown and cook more evenly if allowed to sit off the body somewhat. Return the duck to the oven and cook an additional 12-14 minutes per pound, or until an internal thigh temperature reaches 155 degrees. The duck will continue to cook once removed from the oven and an interior temperature of 165 degrees F will soon be achieved. Spoon the pan juices over the bird several times as it cooks. Once you remove the duck from the oven, season it again with salt and pepper and move it to a serving platter to rest at least 20 minutes so it can continue cooking. One trick I learned that improves the flavor of the breast meat is to set the duck resting at an angle with it's head side down and it's tail end elevated. A coffee mug works nicely for this. When a good angle is achieved the flavorful juices flow down hill through the breast meat and onto the platter where they may be reserved and added to the sauce at the last minute. While the duck rests, caramelize the apple slices in 4 tablespoons of butter. This is easy to achieve if you lay the slices all in one

layer and do not disturb them for about 6 minutes while they get golden brown on one side. When flip them over and cook a few more minutes. Set them aside covered to stay warm while you make the sauce.

- ☐ Place the skillet or roasting pan with the vegetables and trimming onto a burner set at medium-high heat. Cook , stirring often until nicely browned, 1 or 2 minutes. Then drain and discard most of the liquid in the pan, (it's nearly all fat). Next add the honey to the pan with the remaining browned bits, and cook an additional moment more. De-glaze the pan with about one half cup water. Simmering the mixture about 5 minutes.
- ☐ Pour in the vinegar and cook another moment more.Strain the sauce through a sieve placed over a clean saucepan. Press the solids to relieve them of as much flavor as possible.
- ☐ Add the duck juice that has collectedon the serving platter and bring the sauce to a low boil. Taste the sauce it may need a bit more vinegar, though do not let the vinegar flavor overpower the sauce.
- ☐ Remove the saucepan from the heat and slowly add the remaining 3 tablespoons of butter a little at a time, stirring all the while. The sauce will become slightly thickened. Stir in the citrus zests.To serve carve the duck and arrange it on the serving platter, surrounded by the apples.
- ☐ Pour about half the sauce over the meat and use the rest to pass at the table.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.28, Glycemic Load:14.11, Inflammation Score:-9, Nutrition Score:8.3252173895421%

Flavonoids

Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg, Cyanidin: 3.56mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg, Epicatechin: 17.08mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg

Kaempferol: 0.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.75mg, Quercetin: 14.75mg, Quercetin: 14.75mg, Quercetin: 14.75mg

Nutrients (% of daily need)

Calories: 249.84kcal (12.49%), Fat: 8.99g (13.82%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 45.17g (15.06%), Net Carbohydrates: 38.57g (14.03%), Sugar: 34.25g (38.05%), Cholesterol: 22.58mg (7.53%), Sodium: 210.5mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin A: 2945.91IU (58.92%), Fiber: 6.6g (26.4%), Vitamin C: 16.46mg (19.95%), Manganese: 0.23mg (11.25%), Potassium: 363.49mg (10.39%), Vitamin B6: 0.18mg (9.06%), Vitamin K: 7.89µg (7.51%), Vitamin B2: 0.09mg (5.16%), Vitamin E: 0.76mg (5.09%), Copper: 0.1mg (4.76%), Phosphorus: 46.28mg (4.63%), Magnesium: 18.28mg (4.57%), Vitamin B1: 0.07mg (4.49%), Folate: 15.83µg (3.96%), Calcium: 36.38mg (3.64%), Iron: 0.55mg (3.04%), Vitamin B5: 0.25mg (2.52%), Vitamin B3: 0.43mg (2.16%), Zinc: 0.25mg (1.65%), Vitamin D: 0.16µg (1.05%)