



Spice-Rubbed Duck Legs Braised with Green Olives and Carrots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1020 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 0.3 cup brandy
- ☐ 3 carrots peeled halved lengthwise
- ☐ 4 teaspoons coarse kosher salt
- ☐ 1 tablespoon coriander seeds
- ☐ 1 teaspoon cumin seeds

- ☐ 1 cup cooking wine dry white
- ☐ 7.8 pounds duck leg-thigh pieces whole trimmed
- ☐ 1 teaspoon fennel seeds
- ☐ 6 garlic cloves peeled
- ☐ 2 teaspoons honey
- ☐ 1.5 inch lemon zest yellow (part only)
- ☐ 1.5 cups low-salt chicken broth
- ☐ 2 medium onions halved cut into 1/ wedges
- ☐ 1 cup picholine green

Equipment

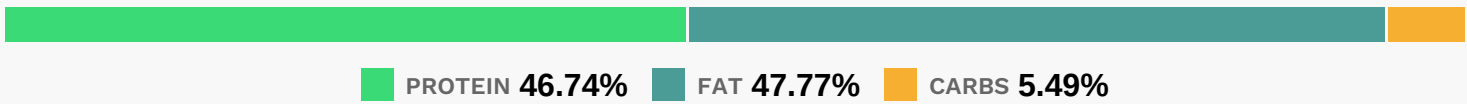
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler
- ☐ mortar and pestle

Directions

- ☐ Toast first 4 ingredients in medium skillet over medium heat until fragrant, about 2 minutes.
- ☐ Transfer to mortar or spice grinder; grind to coarse powder.
- ☐ Transfer to small bowl; stir in salt. Arrange duck legs on rimmed baking sheet; sprinkle spice mixture over all sides. Refrigerate uncovered overnight.
- ☐ Preheat oven to 300°F. Pat duck gently to remove moisture, removing as little spice mixture as possible.
- ☐ Heat heavy large skillet over medium-high heat. Working in batches, cook duck, skin side down, until skin is crisp and brown, about 7 minutes. Turn duck legs and cook until brown, about 3 minutes longer, draining fat from skillet between batches.

- ☐ Transfer duck legs to roasting pan, skin side up.
- ☐ Pour fat from skillet.
- ☐ Remove skillet from heat; add brandy. Bring to boil over medium-high heat, scraping up browned bits.
- ☐ Add wine. Boil until liquid is reduced by half, about 3 minutes.
- ☐ Add broth; bring to boil.
- ☐ Pour mixture over duck in pan. Tuck onion wedges, garlic cloves, lemon peel, and bay leaves between duck legs. Scatter carrots and olives over. Cover with foil. Braise duck in oven 1 hour. Turn legs over; allow vegetables to fall into broth. Cover; braise until duck is tender and meat is falling from bones, about 1 hour longer. DO AHEAD Can be made 1 day ahead. Cool slightly. Cover and chill. Rewarm in 350°F oven 20 minutes.
- ☐ Preheat broiler.
- ☐ Transfer 6 duck legs, skin-side up, to rimmed baking sheet. Tent with foil (cover and chill remaining 4 legs for leftovers).
- ☐ Transfer vegetables and olives from sauce to bowl; cover to keep warm. Spoon fat from sauce in roasting pan.
- ☐ Transfer remaining sauce to large skillet. Simmer sauce over medium-high heat until reduced to 1 cup, about 10 minutes. Season with salt and pepper, and honey, if desired. Keep warm.
- ☐ Meanwhile, place duck legs under broiler until skin is crisp, about 4 minutes, watching carefully to prevent burning.
- ☐ Transfer to serving platter, spoon vegetable mixture around duck legs, drizzle sauce over, and serve.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:20.279999992122%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg,

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 1020.16kcal (51.01%), Fat: 50.3g (77.38%), Saturated Fat: 12.64g (78.99%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 10.04g (3.65%), Sugar: 5.56g (6.18%), Cholesterol: 460.86mg (153.62%), Sodium: 2390.19mg (103.92%), Alcohol: 7.46g (100%), Alcohol %: 1.54% (100%), Protein: 110.73g (221.46%), Selenium: 89.29µg (127.56%), Vitamin B3: 24.66mg (123.29%), Vitamin A: 5193.83IU (103.88%), Iron: 9.47mg (52.62%), Vitamin C: 12.63mg (15.31%), Manganese: 0.29mg (14.69%), Fiber: 2.97g (11.89%), Calcium: 98.87mg (9.89%), Vitamin B6: 0.16mg (8.13%), Potassium: 281.72mg (8.05%), Vitamin E: 1.08mg (7.23%), Copper: 0.12mg (6%), Phosphorus: 59.58mg (5.96%), Magnesium: 21.24mg (5.31%), Vitamin K: 5.32µg (5.06%), Vitamin B1: 0.06mg (3.77%), Vitamin B2: 0.06mg (3.73%), Folate: 14.21µg (3.55%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.18mg (1.78%)