

# The Duck Cookbook

36 Recipes

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Honey Duck

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# Lamb Chops in Duck Sauce

## Ingredients

3 pounds lamb chops  
2 tablespoons Worcestershire sauce  
1 tablespoon adobo seasoning  
cayenne pepper to taste  
salt and pepper to taste  
1 1/2 cups duck sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Arrange lamb chops in a medium baking dish, and evenly coat with Worcestershire sauce, adobo seasoning, and cayenne pepper. Season with salt and pepper.

Bake 1 hour in the preheated oven.

Cover lamb chops with duck sauce, and continue baking 15 to 20 minutes, to an internal temperature of 145 degrees F (65 degrees C).

# Duck Confit

## Ingredients

- 2 uncooked Peking duck legs
- 1 tablespoon kosher salt
- 1 lemon, zested and thinly sliced
- 3 cloves garlic, crushed
- 1 tablespoon whole allspice berries
- 1 tablespoon juniper berries
- 2 sprigs fresh thyme
- 2 cups rendered duck fat

## Directions

Season the duck legs with kosher salt on both sides. Place them in a large resealable bag. Add the lemon zest and slices, garlic, allspice berries, juniper berries and fresh thyme. Seal, and massage the duck legs through the bag until all of the ingredients are evenly dispersed. Refrigerate for 24 hours to marinate.

Preheat the oven to 200 degrees F (93 degrees C).

Remove the duck legs from the marinade. Rinse them off and pat dry. Place the rest of the contents of the bag into the bottom of an oven safe dish just large enough to hold the legs in a single layer, preferably enameled cast iron or glass. Arrange the duck legs skin side down in the dish. Pour the duck fat into a small saucepan and warm over low heat until liquid. Pour over the duck legs until they are completely covered. If the legs are not covered, you can top it off with some olive oil. As the legs cook, more fat will be rendered from the skin. Cover the dish with a lid.

Bake for 6 to 7 hours in the preheated oven, until the meat pulls easily from the bone. Remove the duck legs from the fat and place in a sealable container. You may leave the bones in or remove them. Make sure there is room at the top of the container. Strain all of the solids from the remaining fat and discard the solids. Pour the fat over the duck in the container, covering completely. Seal and allow to come to room temperature. Once the jar is cool, place in the refrigerator and let the duck meat cure for 2 months. Reserve any leftover duck fat for other uses.

# Buckshot Duck with Wild and Brown Rice Stuffing

## Ingredients

1 (4 pound) whole duck, dressed, innards reserved  
4 cloves garlic, crushed  
3 tablespoons crushed black peppercorns  
3 (.18 ounce) packets sazón seasoning  
1/2 teaspoon olive oil  
2 cups uncooked long grain and wild rice mix  
1 cup seasoned croutons

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Place the duck on a rack in a roasting pan. Rub the crushed garlic and pepper under the skin of the duck. Rub the skin with 1 packet sazón seasoning.

Roast 3 hours in the preheated oven, to an internal temperature of 180 degrees F (80 degrees) C.

Place the reserved duck innards and 1 packet sazón seasoning in a saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 minutes, until tender.

Place the rice mix in a medium saucepan with just enough water to cover. Mix in the oil, and 1 packet sazón seasoning. Bring to a boil. Reduce heat, cover, and simmer 25 minutes, stirring occasionally.

In a bowl, mix the cooked innards, cooked rice, and croutons. Stuff the cooked duck with the mixture to serve.

# Ugly Duckling Cake II

## Ingredients

2 cups all-purpose flour  
1 cup white sugar  
3/4 teaspoon salt  
1 1/2 teaspoons baking soda  
2 eggs  
1 (16 ounce) can fruit cocktail  
1 cup white sugar  
1 cup milk  
1/2 cup butter  
1 cup flaked coconut

## Directions

Sift together flour, 1 cup sugar, salt, and baking soda. Beat 2 eggs and pour over dry mixture. Add fruit cocktail. Stir together.

Grease and flour pan. Bake at 325 degrees F (165 degrees C) for 45 minutes.

Over low heat, cook together 1 cup sugar, 1 cup milk, 1/2 cup butter or margarine and coconut. Pour over cake while still hot.

# Duck Legs in Green Curry

## Ingredients

1 tablespoon vegetable oil  
4 duck legs  
1 small onion, minced  
3 cloves garlic, minced  
2 serrano peppers, seeded and minced  
1 (1 inch) piece fresh ginger root, minced  
3 (10 ounce) cans coconut milk  
3 tablespoons yellow curry paste  
2 kaffir lime leaves  
2 green onions, minced  
2 tablespoons Asian fish sauce  
1 (12 ounce) package thin rice noodles  
1/2 bunch cilantro leaves, coarsely chopped

## Directions

Place duck legs fat-side down in a large skillet over medium-high heat, searing them on both sides until golden, about 3 minutes per side. Remove legs from pan, and reserve about 3 tablespoons of fat.

Place onions in skillet with reserved duck fat, and cook over medium heat until they are soft and translucent, about 5 minutes. Stir in garlic, serrano peppers, and ginger; cook for about 3 minutes.

Skim the coconut cream from 1 can of coconut milk, and stir the cream into the onion mixture. Stir in the curry paste, and cook until fragrant, about 1 or 2 minutes.

Stir into the skillet the additional 2 cans of coconut milk, kaffir lime leaves, green onions, and fish sauce. Return duck legs to the pan. Simmer on low heat until just done, about 15 minutes. (If the curry sauce needs further reducing, remove the duck legs to an oven set at low heat, and cook down the sauce over medium heat.)

Meanwhile, bring a large pot of lightly salted water to boil, and cook the noodles according to package directions. When done, drain, and run cold water over noodles. Set aside.

Toss the noodles in the curry, and serve with chopped cilantro.



# Adams Family Duck

## Ingredients

1 (5 pound) whole duck, neck and giblets reserved  
1 (6 ounce) can orange juice concentrate, thawed, divided  
1 teaspoon minced garlic  
salt and freshly ground black pepper to taste

### Stuffing:

1 onion, coarsely chopped, divided  
1 cup raisins  
1 apple - peeled, cored, and cut into chunks (optional)  
1 large carrot, thickly sliced

### Basting sauce:

1/2 cup chicken broth  
1/4 cup lemon juice (see Cook's Note)  
salt and freshly ground black pepper to taste

### Duck Stock:

1 tablespoon olive oil  
1 onion, coarsely chopped  
2 cloves garlic, minced  
1 carrot, thickly sliced  
1 cup chicken broth  
1/2 cup lemon juice (see Cook's Note)  
1 cup orange juice  
1 sprig fresh parsley, chopped  
salt and freshly ground black pepper to taste

1 tablespoon sour cream

## Directions

Preheat oven to 350 degrees F (175 degrees C). Rinse the duck, remove any pieces of excess fat from around the cavity, and prick the duck's skin all over with a fork or sharp skewer, being careful not to puncture the meat.

Rub the skin of the duck and inside the duck cavity with 1 tablespoon of orange juice concentrate. Rub 1 teaspoon of minced garlic inside and outside the duck, and sprinkle the duck, inside and outside, with salt and pepper.

Mix together about 2 tablespoons of chopped onion, the raisins, and apple in a bowl, and lightly stuff the cavity of the duck with the raisin mixture. Truss the duck, and place it onto a rack set in a roasting pan. Scatter the remaining chopped onion and slices of large carrot in the roasting pan around the duck.

To make basting mixture, whisk together remaining orange juice concentrate, 1/2 cup of chicken broth, 1/4 cup lemon juice, and salt and pepper in a bowl.

Roast the duck in the preheated oven for 1 hour, basting occasionally with the basting mixture. After 1 hour, pour off the rendered fat, and roast, basting occasionally, until no longer pink at the bone and the juices run clear, about 1 more hour. An instant-read thermometer inserted into the thickest part of the thigh should read 165 degrees F (74 degrees C). Reserve any left-over basting mixture.

While the duck is roasting, prepare duck stock. Heat olive oil in a saucepan, and brown the reserved neck and giblets over medium heat. Stir in 1 onion, 2 garlic cloves, and 1 carrot, and cook and stir until the onion is translucent, about 5 minutes. Stir in 1 cup chicken broth, 1/2 cup lemon juice, orange juice, parsley, and salt and pepper, bring to a boil, and cover. Reduce heat and simmer for 1 hour; strain the stock and set aside.

Remove the duck from the oven and place on a warm platter. Arrange cooked vegetables around the duck, if desired. Remove stuffing to a serving bowl. Let the duck rest about 15 minutes before carving.

While the duck is resting, finish the sauce. Skim fat out of the roasting pan, and pour reserved basting mixture into the pan.

# Roasted Sherry Duck

## Ingredients

1 (4 pound) frozen duck  
6 tablespoons olive oil  
2 cups dry sherry  
3 teaspoons dried oregano  
3 teaspoons dried rosemary  
3 teaspoons dried basil

## Directions

Thaw duck in refrigerator until partially dethawed. The skin should be soft, but the insides should still be frozen. Take duck out of wrapping, and stab the duck 15 to 20 times. Make sure the stab holes go past the fat and into the meat. This is very important for the marinating process.

In a large mixing bowl, mix 1 cup sherry, and 3 tablespoons olive oil. Place duck in the mixing bowl. Spread the sherry and olive oil all over the duck. Cover the mixing bowl, and refrigerate until duck is completely thawed (works best over night).

Preheat oven to 375 degrees F (190 degrees C). Remove duck from marinade, and remove the neck bone and the giblets from inside the duck. Spread some of the marinades inside of the duck. Rub the outside of the duck with 3 tablespoons olive oil and oregano, rosemary, and basil. Pour remaining 1 cup sherry into bottom of roasting pan, and place duck in pan.

Roast for about 30 minutes per 1/2 pound (cooking times may vary.) Baste every 30 to 45 minutes.

# Peking Duck

## Ingredients

1 (4 pound) whole duck, dressed  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground white pepper  
1/8 teaspoon ground cloves  
3 tablespoons soy sauce  
1 tablespoon honey  
1 orange, sliced in rounds  
1 tablespoon chopped fresh parsley, for garnish  
5 green onions

1/2 cup plum jam  
1 1/2 teaspoons sugar  
1 1/2 teaspoons distilled white vinegar  
1/4 cup finely chopped chutney

## Directions

Rinse the duck inside and out, and pat dry. Cut off tail and discard. In a small bowl, mix together the cinnamon, ginger, nutmeg, white pepper and cloves. Sprinkle one teaspoon of the mixture into the cavity of the duck. Stir one tablespoon of the soy sauce into the remaining spice mixture and rub evenly over the entire outside of the bird. Cut one of the green onions in half and tuck inside the cavity. Cover and refrigerate the bird for at least 2 hours, or overnight.

Place duck breast side up on a rack in a big enough wok or pot and steam for an hour adding a little more water, if necessary, as it evaporates. Lift duck with two large spoons, and drain juices and green onion.

Preheat the oven to 375 degrees F (190 degrees C). Place duck breast side up in a roasting pan and prick skin all over using a fork.

Roast for 30 minutes in the preheated oven. While the duck is roasting, mix together the remaining 2 tablespoons of soy sauce and honey. After 30 minutes, brush the honey mixture onto the duck and return it to the oven. Turn the heat up to 500 degrees F (260 degrees C). Roast for 5 minutes, or until the skin is richly browned. Do not allow the skin to char.

Prepare the duck sauce by mixing the plum jam with the sugar, vinegar and chutney in a small serving bowl. Chop remaining green onions and place them into a separate bowl. Place whole duck onto a serving platter and garnish with orange slices and fresh parsley. Use plum sauce and onions for dipping.

# Grilled Wild Duck Breast

## Ingredients

1/4 cup Worcestershire sauce  
2 tablespoons olive oil  
1/2 teaspoon hot sauce  
2 tablespoons minced garlic  
1/4 teaspoon black pepper  
8 skinned, boned duck breast  
halves

## Directions

Stir together the Worcestershire sauce, olive oil, hot sauce, garlic, and pepper. Add the duck breasts, and toss well to coat. Cover, and marinate in the refrigerator for at least 30 minutes to overnight.

Preheat a grill for medium-high heat.

Grill the duck to desired doneness, about 5 minutes per side for medium-well, depending on the size of the breast, and the temperature of the grill.

# Stuffed Duckling

## Ingredients

- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 tablespoon butter
- 2 cups cubed day-old bread
- 1 cup cooked rice
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon rubbed sage
- 1 teaspoon dried parsley flakes
- 1 teaspoon salt, divided
- 1/8 teaspoon pepper
- 1/2 cup raisins
- 1/2 cup chopped pecans
- 1/4 cup chicken broth
- 1 (5 pound) domestic duckling

## Directions

In a large skillet, saute onion and garlic in butter until tender; transfer to a large bowl. Add the bread cubes, rice, basil, rosemary, sage, parsley flakes, 1/2 teaspoon salt and pepper. Add the raisins, pecans and enough broth to moisten; toss gently.

Sprinkle duck cavity with remaining salt. Lightly stuff bread mixture into duck. Place breast side up on a rack in shallow roasting pan. Prick skin well with a fork.

Bake, uncovered, at 350 degrees F for 1-3/4 to 2 hours or until a meat thermometer reads 180 degrees F for duck and 165 degrees F for stuffing. Drain fat as it accumulates during roasting. Cover duck with foil and let stand for 20 minutes before removing stuffing and carving.

# Pressure Cooker Chicken with Duck Sauce

## Ingredients

1 tablespoon olive oil  
1 (3 pound) whole chicken, cut into pieces  
salt and pepper to taste  
1/2 teaspoon paprika  
1/2 teaspoon dried marjoram  
1/4 cup white wine  
1/4 cup chicken broth  
DUCK SAUCE:  
1/4 cup apricot preserves  
2 tablespoons white vinegar  
1 1/2 teaspoons minced fresh ginger root  
2 tablespoons honey

## Directions

Heat the olive oil in the pressure cooker with the lid off, over medium-high heat. Add chicken and brown on all sides as evenly as possible. Remove chicken from the cooker, and season with salt, pepper, paprika and marjoram. Drain and discard fat from the cooker, and mix in wine and chicken broth, scraping any bits of food that are stuck to the bottom.

Return chicken to the cooker over medium-high heat, secure the lid, and bring to high pressure for 8 minutes, or until the chicken is tender. Reduce pressure before opening the lid. The internal temperature of the chicken meat should be at 180 degrees F (82 degrees C).

Remove chicken to a serving dish, and add the apricot preserves, vinegar, ginger and honey to the pot. Bring to a boil, and cook uncovered until the sauce has reduced into a thick and syrupy consistency, about 10 minutes. Spoon over chicken and serve.

# Duck Butter Dip

## Ingredients

1 (8 ounce) package cream cheese, room temperature  
3 ounces blue cheese, at room temperature  
3 cloves garlic, finely chopped  
1/4 cup minced onion  
4 teaspoons Worcestershire sauce  
1/8 teaspoon hot pepper sauce (e.g. Tabasco,™)  
1 teaspoon salt

## Directions

In a medium bowl, beat the cream cheese with a mixer until light and creamy. Blend in the blue cheese, garlic, onion, Worcestershire sauce, hot pepper sauce and salt. Transfer to a serving bowl, cover and refrigerate until serving.

# Wild Duck Gumbo

## Ingredients

2 (4 pound) wild ducks, cut up  
1/2 cup cooking oil  
2/3 cup all-purpose flour  
1 pound smoked sausage, sliced  
2 cups chopped onion  
1 1/2 cups chopped green pepper  
1 1/2 cups sliced celery  
2 tablespoons minced fresh parsley  
1 tablespoon minced garlic  
1 (14.5 ounce) can stewed tomatoes  
2 bay leaves  
2 tablespoons Worcestershire sauce  
1 1/2 teaspoons pepper  
1 teaspoon salt  
1 teaspoon dried thyme  
1/4 teaspoon cayenne pepper  
2 quarts water  
Hot cooked rice

## Directions

In a Dutch oven over medium heat, brown duck in batches in oil. Remove and set aside. Discard all but 2/3 cup drippings. Add flour to drippings; cook and stir over medium heat until brown, 12-14 minutes. Add sausage, onion, green pepper, celery, parsley and garlic. Cook for 10 minutes, stirring occasionally. Add next eight ingredients; mix well. Add duck; bring to a boil. Reduce heat; cover and simmer 60-75 minutes or until duck is tender. Remove duck. Cool. Debone and cut into chunks; return to pan. Simmer 5-10 minutes or until heated through. Remove bay leaves. Serve with rice.



# Duck and Fontina Pizza With Rosemary and

## Ingredients

1 large skin-on, boneless duck breast half  
1 small yellow onion, sliced  
1 tablespoon olive oil  
2 tablespoons honey  
1 (8 ounce) tub spreadable goat cheese  
1 (10 ounce) package pre-baked pizza crust  
salt and pepper to taste  
10 ounces fontina cheese, shredded  
1 tablespoon dried rosemary

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Cut several slits into the fatty skin of the duck breast. In a skillet over medium heat, fry skin-side-down for 10 minutes. Flip and continue to cook in its own fat for 10 minutes more. Remove from pan. Carefully remove skin using a sharp knife, then slice, and set aside.

Meanwhile, in a separate skillet, cook onions in olive oil over medium heat until translucent and soft, about 5 minutes. Mix in honey and continue to cook until brown and fragrant, 5 to 7 minutes more.

Spread goat cheese evenly over pizza crust and season with salt and pepper. Then layer with caramelized onions, fontina cheese, duck breast slices and rosemary.

Bake in preheated oven until cheese in center of pizza is completely melted, about 10 minutes.

# Mock Duck

## Ingredients

1 1/2 pounds beef round steaks,  
pounded to 1/8 inch thickness  
6 slices bacon, cut into thirds  
2 onions, cut into wedges  
1 tablespoon vegetable oil  
1 tablespoon pickling spice  
2 tablespoons cornstarch  
1/4 cup cold water

## Directions

Slice the beef into 1x6 inch strips. Roll up one wedge of onion in a piece of bacon, then roll a slice of beef around the whole thing. Secure with a toothpick. Repeat with remaining beef, bacon and onion.

Heat the oil in a large skillet over medium-high heat. Sear the meat rolls in the hot oil, just until browned on the outside. Transfer the rolls to a Dutch oven or slow cooker, and pour in just enough water to cover. Tie the pickling spice in a square of cheesecloth, and place in the water. Bring to a boil, then simmer over low heat for 1 hour.

In a small jar with a tight fitting lid, combine the cornstarch and water. Shake until no lumps remain. Remove the spice bag from the simmering broth, and discard. Stir in the cornstarch slurry. Cover, and simmer for 2 more hours.

To serve, spoon the Mock Duck onto a plate, and remove the toothpicks. Spoon the gravy over. Happy Eating!

# Sauce for Duck

## Ingredients

1 cup chicken stock  
1/2 cup white wine  
1/2 cup orange juice  
1/2 cup dates, pitted and  
chopped  
1/2 cup coarsely chopped prunes  
1/4 teaspoon ground mace  
1/4 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1 teaspoon white sugar  
2 tablespoons red wine vinegar

## Directions

In a saucepan over medium-high heat, combine the stock, wine and orange juice. Bring to a boil and add the dates and prunes. Allow fruit to partially dissolve.

Reduce heat, add mace, cinnamon, ginger, sugar and vinegar. Cook for another 5 minutes; remove from heat and allow to cool. Puree in a blender or food processor until smooth.

Pour over duck while roasting or serve on the side.

# Pan-Seared Duck Breast with Blueberry Sauce

## Ingredients

2 teaspoons salt  
1 teaspoon fresh-ground black pepper  
1 1/2 tablespoons dried thyme leaves  
1 tablespoon crushed dried rosemary  
3 tablespoons olive oil  
4 potatoes, cubed  
2 pints fresh or frozen blueberries  
1/2 cup water  
1/2 cup apple juice  
1/2 cup white sugar  
1 jalapeno pepper, finely chopped  
3 slices pancetta or bacon, cut into thin strips  
6 shallots, thinly sliced  
1/2 cup sliced shiitake mushrooms  
2 pounds bok choy, sliced  
4 (8 ounce) boneless duck breast halves  
2 tablespoons vegetable oil  
1 tablespoon butter  
2 tablespoons aged balsamic vinegar

## Directions

Preheat oven to 375 degrees F (190 degrees C). In a small bowl mix together the salt, ground black pepper, thyme, and rosemary; set aside. This will be your spice blend for seasoning the roasted potatoes and the duck breasts.

Place cubed potatoes into a 9x13 inch baking dish. Drizzle with olive oil and sprinkle 2 tablespoons of your spice blend over the top of the potatoes. Toss the potatoes in the pan until they are evenly coated with oil and seasonings. Spread into a single layer across the bottom of the baking dish and bake for 35 to 40 minutes in the preheated oven.

While the potatoes are roasting, stir together the blueberries, water, apple juice, sugar, and jalapeno in a small saucepan. Bring to a boil over medium-high heat, then reduce heat to low, and simmer until the mixture has reduced to the consistency of syrup, about 10 minutes.

Cook the pancetta in a large skillet over medium heat until crispy. Remove the pancetta to drain on a paper towel, leaving the drippings in the skillet. Add the shallots and the mushrooms to the hot skillet; stir and cook them until soft and just beginning to brown. Remove the shallots and mushrooms and set aside. Increase heat to medium-high and place the bok choy in the hot skillet. Stir and cook the bok choy until the leaves are wilted and the white stalk pieces are tender, about 5 minutes. Return the shallots, mushrooms, and pancetta to the skillet, turn off the heat and set aside.

Rinse the duck breast halves and pat dry. Rub the remaining spice blend onto both sides of the duck breasts. Preheat a large skillet over medium-high heat, when the pan is hot put in the vegetable oil and butter. Immediately place the duck breasts in the pan, skin and fat side down. Do not move the duck breasts until the skin is deep brown, about 5 minutes. Turn the breasts and cook until the internal temperature of the thickest part is 160 degrees F (71 degrees C) for well done. Remove the duck from the pan and place on a plate, covered with foil to rest for 5 minutes. While the duck is resting, place the skillet with the bok choy mixture onto a burner over medium heat to warm through.

Slice each duck breast diagonally into 1/2 inch strips. Divide the bok choy mixture among four plates and drizzle each serving with

# Easy Orange Glaze Duck

## Ingredients

1 (12 fluid ounce) can or bottle orange soda  
1 (6 ounce) can frozen orange juice concentrate, thawed  
1/2 (18 ounce) bottle honey barbecue sauce  
1/4 cup brown sugar  
1/3 cup bottled teriyaki sauce  
1 (5 pound) whole frozen duckling, thawed  
1 (4.5 ounce) can sliced mushrooms, drained

## Directions

Pour the orange soda, orange juice concentrate, barbecue sauce, brown sugar, and teriyaki sauce into a bowl, and stir to combine and dissolve the sugar.

Preheat oven to 350 degrees F (175 degrees C). Remove any excess pieces of fat from inside the duckling, place the duck into a roasting pan, and prick the skin all over with a fork to allow the fat to drain off while roasting.

Brush the duckling with the orange mixture. Place the mushrooms into the cavity of the duck, and spoon in some of the orange sauce.

Roast the duck in the preheated oven, brushing it every 20 to 30 minutes with the orange sauce, until a meat thermometer inserted into a thick part of a thigh reads 165 degrees F (75 degrees C), about 2 1/2 hours.

# Duck with Honey, Soy, and Ginger

## Ingredients

- 2 duck breast halves
- 1 pinch salt
- 1 pinch cayenne pepper
- 1 pinch ground black pepper
- 1/2 cup chicken stock
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 2 tablespoons rice wine
- 1 tablespoon grated fresh ginger
- 1 tablespoon tomato sauce
- 1 pinch chili powder
- 1 teaspoon lime juice

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Use a sharp knife to score across the duck breasts 4 times through the skin and fat but just barely to the meat. Rub the skin with salt, cayenne, and black pepper.

Preheat an ovenproof skillet over medium-high heat. Lay the breasts in the skillet skin-side down and fry until the skin is brown and crisp, about 5 minutes. Use a spoon to carefully discard any excess fat from the bottom of the skillet. Turn the breasts over and cook for 1 minute.

Place the skillet into the preheated oven and roast until the internal temperature of the thickest part of the breasts reach 160 degrees F (71 degrees C) for well done, or the breasts reach desired doneness.

Remove the duck breasts from the skillet and cover with foil. Set aside to rest. Pour off excess fat from the skillet. Place the stock, soy sauce, rice wine, ginger, tomato sauce, chili powder, and lime juice in the skillet. Whisk the sauce over high heat, bring to a boil and cook until the sauce thickens, about 2 minutes. Slice the duck breasts thinly, arrange on serving plates, and pour the sauce over the top.

# Ugly Duckling Cake I

## Ingredients

1 (18.25 ounce) package yellow cake mix  
1 (16 ounce) can fruit cocktail  
1 1/2 cups flaked coconut  
2 eggs  
1/2 cup packed brown sugar  
1/2 cup chopped walnuts  
1/2 cup butter  
1/2 cup white sugar  
1/2 cup evaporated milk

## Directions

Combine cake mix, undrained fruit, 1 cup coconut and eggs.

Blend; beat at medium speed for 2 minutes and pour into a greased 9 x 13 inch pan.

Sprinkle with brown sugar and nuts. Bake at 325 degrees F (165 degrees C) for 45 minutes. Bring butter, sugar and milk to a boil. Boil 1 minute. Stir in 1/2 cup coconut. Spoon over warm cake. Top with prepared whipped topping, if desired.

# Duck Sauce

## Ingredients

5 cups coarsely chopped mixed fruit (apples, plums, and pears)  
1 cup water  
3/4 cup apple juice  
1 teaspoon soy sauce  
1 tablespoon apricot preserves  
1/2 cup packed light brown sugar  
1/2 teaspoon garlic powder  
1/2 teaspoon dry mustard

## Directions

Place fruit in a stock pot over medium high heat. Add water, apple juice, soy sauce, apricot preserves, brown sugar, garlic powder, and dry mustard. Bring to a simmer, stirring frequently to dissolve brown sugar. Reduce heat, and continue simmering for 40 minutes, or until fruit is completely soft. Remove from heat and allow to cool.

Blend sauce in a food processor or blender until completely smooth, adjusting consistency with additional water, if desired. Cover, and refrigerate until ready to use.



# Duck and Yellow Rice

## Ingredients

4 cups uncooked jasmine rice  
15 cloves garlic, minced  
1 tablespoon whole peppercorns  
2 teaspoons salt  
1 tablespoon yellow curry powder  
1 teaspoon ground turmeric  
(optional)  
2 tablespoons soy sauce  
1 (4 pound) duck, boned  
5 tablespoons vegetable oil  
6 1/2 cups water  
6 small green onion, thinly sliced

## Directions

In a large bowl, soak rice in cold water to soak while preparing the rest of the recipe.

In a small bowl, using the back of a spoon, smash into a paste the garlic, pepper, salt, curry, and turmeric. Drizzle in the soy sauce as you continue to smash. Set spice aside.

Cut the duck into a dozen pieces, removing the fat and thick skin.

Drain soaking rice, and set aside. Heat 2 tablespoons vegetable oil in a wide pot over medium-high heat, stir in the spice paste, and cook for 30 seconds. Stir in duck pieces; cook about 10 minutes, stirring frequently until lightly browned. Pour in 2 cups water, bring to a boil, and simmer 10 minutes. Pour in remaining water and vegetable oil; return contents to boil. Add rice to pot. Water should cover the rice by 1/2 inch. Return to a boil and cook, covered tightly, 15 to 20 minutes, until rice is tender.

Remove pot from heat. Let stand, covered, 5 to 10 minutes. Turn out onto serving platter, and garnish with green onions.

# Roast Duck Legs With Red Wine Sauce

## Ingredients

1 bunch chopped fresh rosemary  
4 large garlic cloves  
4 duck legs  
salt to taste  
1 teaspoon Chinese five-spice powder  
1 1/2 cups red wine  
1 1/2 tablespoons red currant jelly

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Spread the rosemary sprigs and garlic cloves into a 9x13-inch baking dish.

Place the duck legs on top of the rosemary, and sprinkle with salt and five-spice powder. Bake in the preheated oven for 1 hour. Meanwhile, bring the wine to a boil in a small saucepan over medium-high heat. Stir in the currant jelly until dissolved. Reduce heat to medium-low, and simmer 5 minutes; set aside.

After the duck has cooked 1 hour, pour off and discard the fat that has accumulated in the baking dish. Pour the wine sauce over the duck legs, and bake 15 minutes more until the duck is very tender and the sauce has thickened slightly.

# Teddy's Duck Gumbo

## Ingredients

2 (3 to 3 1/2 pound) domestic whole ducklings, dressed  
3 cups water  
2 (8 ounce) cans diced tomatoes with green chilies, undrained  
6 cloves garlic, minced  
1 1/2 cups chopped onion  
1 1/2 cups chopped celery  
1 1/2 cups chopped green bell pepper  
2 bay leaves  
1 (4.5 ounce) package gumbo base, as in Zatarian's  
2 pounds frozen sliced okra  
1 (16 ounce) package frozen cooked shrimp (peeled and deveined)  
1 pound smoked sausage, cut into 1/2 inch slices

## Directions

Place the ducks in a slow cooker, fill with enough water to cover, and cook on Low until juices run clear, about 8 hours. Remove, reserving 3 cups of duck broth, and debone, discarding bones.

Place the water and 3 cups of duck broth into a slow cooker. Add the tomatoes, garlic, onion, celery, bell pepper, bay leaves, and gumbo base mix. Cook on High until the mixture boils. Reduce heat, and stir in the duck meat, okra, shrimp, and sausage. Cook until thickened, about 30 minutes. Serve hot.

# Cold Duck Punch

## Ingredients

1 (750 milliliter) bottle cold duck  
1 (32 fluid ounce) bottle lemon-  
lime flavored carbonated  
beverage  
1 (64 fluid ounce) bottle fruit  
punch

## Directions

In a punch bowl, mix together cold duck, lemon-lime soda and fruit punch.

# Roast Duck with Apple Dressing

## Ingredients

1 (4 pound) whole duck  
salt and pepper to taste  
1 teaspoon poultry seasoning  
1/2 tablespoon butter  
3 tablespoons chopped onion  
5 stalks celery, chopped  
3 cups peeled, cored and  
chopped apple  
3 cups cornbread crumbs  
1 tablespoon olive oil

## Directions

Rinse duck and pat dry; rub with salt, pepper, and poultry seasoning.

Melt butter in a small skillet over medium heat. Saute onion and celery in butter until tender. In a medium bowl, combine with apple and cornbread crumbs. Mix together to make dressing (if necessary, add a little water to moisten).

Preheat oven to 350 degrees F (175 degrees C).

Fill the duck's cavity with dressing, and sew shut with kitchen twine. Rub outside of bird lightly with olive oil, and place in a shallow roasting pan or 9x13 inch baking dish.

Bake in preheated oven for 60 to 80 minutes, or until internal temperature reaches 180 degrees F (80 degrees C.)

# Duck Fried Rice

## Ingredients

1 cup chopped Chinese roast duck meat, skin and fat separated and set aside  
1/2 cup thinly sliced Chinese barbecued pork  
6 green onions, thinly sliced  
2 tablespoons soy sauce  
2 eggs, beaten  
3 cups cooked long-grain rice  
salt and pepper to taste

## Directions

Cook the duck skin and fat in a wok or large skillet over medium heat until the skin is crispy, and the fat has rendered, about 10 minutes. Increase heat to medium-high, and stir in the duck meat, pork, half of the green onions, and the soy sauce. Cook and stir until the meats are heated through, about 5 minutes.

Add rice and toss together until rice is hot and sizzling, about 5 minutes. Make a wide well in the middle of the rice, exposing the bottom of the pan. Pour in the beaten eggs and stir until the eggs have scrambled. Then stir the scrambled eggs into the rice along with the rest of the green onions. Toss and stir until the rice is very hot, about 5 minutes. Season to taste with salt and pepper before serving.

# Duck Cassoulet

## Ingredients

1 pound pork sausage links, sliced  
1 tablespoon whole cloves  
1 whole onion, peeled  
3 sprigs fresh parsley  
1 sprig fresh thyme  
1/2 pound bacon  
1 sprig fresh rosemary  
1 pound dry navy beans, soaked overnight  
1 bay leaf  
3 carrots, peeled and sliced  
3 cloves garlic, minced  
1 pound skinned, boned duck breast halves, sliced into thin strips.  
1 fresh tomato, chopped

## Directions

In a large skillet, brown the sliced sausage over medium heat.

Insert whole cloves into onion. Roll bacon up, and tie with a string. Tie together parsley, thyme, and rosemary.

In a large slow cooker, place soaked beans, sausage, bacon, onion studded with cloves, fresh herbs, bay leaf, carrots, minced garlic, and duck. Add enough water to cover the other ingredients. Cook for 1 hour on HIGH. Reduce heat to LOW, and continue cooking for 6 to 8 hours.

Remove onion, bacon, and herbs. Stir in chopped tomatoes. Continue cooking for 1/2 hour. Serve.

# Duck Soup (Czarnina)

## Ingredients

1 (4 pound) wild duck, whole  
4 cups duck blood  
8 cups water  
1 teaspoon salt  
1 stalk celery, cut into 2 inch pieces  
1 sprig chopped fresh parsley  
1 cup heavy cream  
5 whole allspice berries  
2 whole cloves  
16 ounces pitted prunes  
1/2 cup raisins  
1 tart apple - peeled, cored and chopped  
2 tablespoons all-purpose flour  
1 tablespoon white sugar  
salt and pepper to taste  
1 tablespoon fresh lemon juice

## Directions

Cover whole duck with water in large stock pot. Add salt, and bring to a boil. Skim off foam.

Place celery, parsley, allspice, and cloves in a cheese cloth bag, and add to stock pot. Cover and cook over low heat until meat is tender, approximately 1 1/2 hours.

Remove cheese cloth bag from stock pot. Remove duck. Discard bones, cut up meat, and return to the broth.

Mix in prunes, raisins and apple. Simmer for 30 minutes.

In a medium bowl, beat flour and sugar into cream until smooth. Beat in duck blood gradually. Add 1/2 cup hot soup stock to blood mixture, blending thoroughly. Pour mixture slowly back into stock pot, stirring constantly until soup comes to a boil. Season to taste with salt, pepper, lemon juice and vinegar.



# Cranberry-Orange Roast Ducklings

## Ingredients

2 (5 pound) domestic ducklings  
2 medium navel oranges,  
quartered  
2 sprigs fresh rosemary  
1 1/2 cups fresh or frozen  
cranberries, divided  
4 cups orange juice  
1 cup chicken broth  
1/4 cup soy sauce  
2 teaspoons sugar  
1 teaspoon grated fresh ginger  
root  
2 garlic cloves, minced  
2/3 cup orange marmalade

## Directions

Prick skin of ducklings well. Place four orange quarters, one sprig of rosemary and 1/4 cup of cranberries in each cavity; tie drumsticks together. Place breast side up on a rack in a roasting pan.

In a large bowl, combine the orange juice, broth, soy sauce, sugar, ginger and garlic; mix well. Refrigerate 1/2 cup for the glaze. Pour 1 cup over the ducklings; sprinkle with the remaining cranberries. Cover and bake at 350 degrees F for 1 hour. Uncover; bake 1-1/2 hours longer basting frequently with the remaining orange juice mixture. (Drain fat from pan as it accumulates.)

Combine the marmalade and reserved orange juice mixture; spread over ducklings. Bake, uncovered, 30-40 minutes longer or until a meat thermometer reads 180 degrees F. Discard the oranges, rosemary and cranberries from cavities. Let ducklings stand for 10 minutes before carving.

# Bacon Wrapped Duck Breasts

## Ingredients

1/4 cup salt  
8 cups water  
12 duck breast halves  
12 slices bacon  
1 (16 ounce) bottle Italian-style  
salad dressing  
toothpicks

## Directions

Mix together salt and water. Set aside 2/3 of the mixture, and pour the rest into a glass baking dish. Soak the duck in the salt water overnight to remove the gamey. Change the salt water twice, or until mostly clear.

The next morning, discard the salt water, and pour salad dressing over the duck breasts, and marinate for at least 8 hours.

Preheat the oven to 350 degrees F (175 degrees C). Wrap each breast half in one strip of bacon, and secure with a toothpick. Place the breasts in a 9x13 inch baking dish.

Bake for about 1 hour, or until bacon is crisp, and duck is cooked through.

# Chicago Style Roast Duck

## Ingredients

1 (4 pound) whole duck  
1 tablespoon garlic powder  
1 tablespoon onion powder  
salt and pepper, to taste  
2 tablespoons caraway seeds

## Directions

Preheat oven to 425 degrees F (220 degrees C).

Wash duck and pat dry. Score breast and legs by cutting into skin with sharp knife, going 2/3 of the way through the skin, being careful not to slice into meat. Season the cavity and the outside of the duck with garlic powder, onion powder, salt, and pepper; massage spices into meat. Sprinkle caraway seeds over duck, and into scored skin. Place on a rack in a roasting pan, breast side up.

Roast duck in preheated oven for 15 minutes. Turn breast side down, and roast for an additional 15 minutes. Remove duck from the oven; reduce oven temperature to 350 degrees F. Turn duck breast side up again, and return to the oven for 20 minutes. Turn duck one more time, breast side down. Roast for a final 20 minutes. Remove duck from oven and allow to rest for 10 minutes before serving.

# Easy Orange Duck

## Ingredients

1 (12 ounce) jar orange marmalade  
4 duck breast halves  
2 cloves garlic, minced  
1 small yellow onion, sliced  
1 small orange, sliced

## Directions

Preheat an oven to 475 degrees F (245 degrees C). Grease a 1 1/2 quart glass baking dish with a lid.

Spread about 1/4 cup of marmalade in the bottom of the prepared baking dish. Set the duck breasts in the dish on the marmalade. Poke holes all over the breasts with a fork, and spread a layer of marmalade (about 1 tablespoon for each) over the duck breasts. Sprinkle the garlic over the top of the duck meat. Spread the onion and orange slices around the duck breasts in the dish.

Cover the dish, and bake in the preheated oven until the duck breasts measure 100 degrees F (38 degrees C) when measured with an instant-read meat thermometer, about 15 minutes. Remove the lid, spread about 1 more tablespoon of marmalade over each breast, and return to the oven, uncovered. Bake until the meat is medium rare (145 degrees F (63 degrees C).

# Duck Breasts with Raspberry Sauce

## Ingredients

4 duck breast halves  
2 teaspoons sea salt  
2 teaspoons ground cinnamon  
4 teaspoons demerara sugar  
1/2 cup red wine  
1/4 cup creme de cassis liqueur  
1 teaspoon cornstarch  
4 ounces raspberries

## Directions

Preheat oven on broiler setting. Use a fork to score the duck breasts through the skin and fat but not all the way through to the meat.

Heat a large heavy skillet on medium high. Fry the duck breasts skin side down, until the skin browns and fat runs out, about 10 minutes. Remove the breasts from the pan, and pour off most of the fat. Return breasts to pan, and fry skin side up for another 10 minutes. Remove breasts from pan, and allow to rest on a baking sheet. Mix the sea salt, cinnamon and Demerara sugar together and sprinkle over the skin of the duck breasts. Pour most of the fat out of the frying pan.

Mix together the red wine, cassis, and cornstarch in a small bowl. Pour into the pan, and simmer for 3 minutes, stirring constantly, until the sauce is thickened. Add raspberries, and simmer for another minute until heated through.

Broil the duck breasts skin side up, until the sugar begins to caramelize, about 1 minute. Slice the duck breasts thinly, pour a little sauce over the top, and serve warm.

# Roasted Duck

## Ingredients

2 teaspoons salt  
2 teaspoons paprika  
1 teaspoon black pepper  
1 (5 pound) whole duck  
1/2 cup melted butter

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Rub salt, pepper, and paprika into the skin of the duck. Place in a roasting pan.

Roast duck in preheated oven for 1 hour. Spoon 1/4 cup melted butter over bird, and continue cooking for 45 more minutes. Spoon remaining 1/4 cup melted butter over duck, and cook for 15 more minutes, or until golden brown.

# Honey Duck

## Ingredients

1 (4 pound) whole duck, rinsed  
1 teaspoon chopped fresh basil leaves  
1 teaspoon chopped fresh ginger root  
1 teaspoon salt  
1/2 orange, quartered  
2 cups water  
1 cup honey  
1/2 cup butter  
1 teaspoon lemon juice  
1/2 cup undiluted, thawed orange juice concentrate

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl mix together mix together the basil, ginger and salt and sprinkle mixture on inside and outside of duck. Stuff duck with orange quarters and lay in roaster. Add water.

In a small saucepan combine the honey, butter, lemon juice and orange juice concentrate. Simmer together over low heat until syrupy; pour a little of the mixture over the duck, saving the rest for basting. Cover roaster.

Bake/roast ducks in preheated oven for 30 minutes. Turn duck breast down, reduce heat to 300 degrees F (150 degrees C) and roast covered for another 2 to 2 1/2 hours, or until very tender. If desired, turn duck breast up during last few minutes of cooking, to brown.