



Duck



32915 DUCK BRST BNLS SKIN ON
(7.5oz) 30/22 kg cw

32916 DUCK HALF COOKED COV
(13-16oz) 10/each

Other products available. SPO

5 Tips for Roasting Duck:

1. Pre-cooking: Sprinkle sea salt on the duck, inside and out, then stuff cavity with onion, apple and celery chunks. (Discard before serving).

2. Oven roast (325F for average 4-6 lb/2-2 2/3kg bird) for approx. 2 1/2 - 3 hrs. or until skin is crisp, golden brown and the legs move freely.

3. Wild rice is the ideal starch to accompany the duck. Fruit chutneys or sauces are also ideal 'plate partners'.

4. Do not carve. Use poultry shears to cut the bird in half down the breast, then along each side of the backbone, then between the leg and breast.

5. Drink red wine to salute your new-found "culinary courage" and greatness as a chef!

Valentine's Day is a perfect time of year to feature duck.

Great on a salad, as an appetizer, turn it into a stir fry or to top your favourite pasta, it is so versatile.

Lets Talk Duck!

Welcome to the section where we help you become completely comfortable with one of history's most fabled foods. Duck's significance can be traced back to Ancient China, the Mayan Empire and of course, the extravagance of the French Court.

Today, duck's popularity has constantly been on the rise as more and more home chefs discover how easy and exciting it is to "wow" family and friends right in their own kitchen!

Let's start with a few of the basics:

- Contrary to popular misconception, duck is not fatty or greasy. True, there is a layer of fat that exists under the skin, but this fat is dissolved (or rendered) in the cooking process. As the fat is turned to liquid it is drawn through the meat keeping it tender and moist and adding to duck's rich flavour.
- Roast Duckling is perhaps one of the easiest meals to prepare with results that are guaranteed to please. One of the keys: make sure the bird sits on an elevated grill or rack in the cook pan, to ensure the fat has a place to collect in the bottom, away from the bird.
- Healthy Duck: A breast of duck (no skin) has fewer calories than a chicken breast, prime rib or filet mignon. It is also higher in protein while lower in saturated fat. (USDA, 2007). Bon Appetit magazine recently declared duck in the "Top 10 Surprising Health Foods," and Natural Health declares duck to be one of "10 Foods That Keep You Young." Let's raise a glass of red to this, cheers!
- Duck fat is used by chefs throughout the world in place of butter while in France and other European homes, it is used daily. It's rich flavour and higher smoke-point make it perfect for frying potatoes or onions, in omelettes and pastry, for frying steak or any meat, or enriching a stew.
- The skinny on duck fat: Duck fat is healthier for the heart than butter or lard: 33% saturated fat vs. 62% in clarified butter (Yikes!). Duck fat is also higher in cholesterol-fighting mono-unsaturated fats: 49% vs. butter's 29% (Globe & Mail).

Duck and Mushroom Crostini

Crisp crostinis are topped with creamy mushrooms and smoked duck to provide an elegant and tasty appetizer.

INGREDIENTS

1 tbsp (15 mL) butter
2 pkgs (8 oz each) wild mushrooms (cremini, shitake and oyster mushrooms), finely chopped
1 small onion, minced
2 cloves garlic, minced
1 ½ tsp (7 mL) chopped fresh thyme
¼ tsp (1 mL) salt
Pinch pepper
½ cup (125 mL) cream cheese, cubed
¼ cup (50 mL) chopped roasted red peppers
Half artisan baguette, sliced
2 tbsp (25 mL) extra virgin olive oil
Kosher salt
1 King Cole Smoked Duck Breast



DIRECTIONS

In nonstick skillet, melt butter over medium high heat and cook mushrooms, onion, garlic, thyme, salt and pepper for about 12 minutes or until no liquid remains. Stir in cream cheese and cook, stirring until cheese is melted. Remove from heat and stir in roasted red peppers. Set aside.
Brush baguette slices with oil and toast in 400 F (200 C) oven for about 10 minutes or until light golden. Remove from oven and sprinkle with salt. Let cool.
Heat small skillet over medium high heat and sear duck breast, skin side down for about 5 minutes or until crisp and brown. Turn and reduce heat to medium and cook for 2 minutes or until golden. Remove to cutting board and thinly slice breast on a diagonal.
Spread mushroom mixture onto toasted baguette slices and top with sliced duck. Makes about 24 pieces

Duck Breast with Honey and Spices



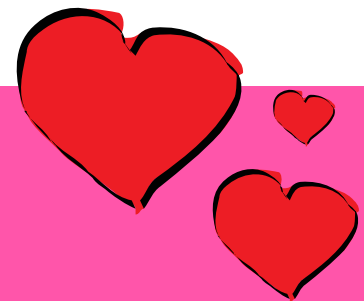
INGREDIENTS

1 1/2 tbsp honey, liquid
1 1/2 tbsp balsamic vinegar
1/2 tsp ground cinnamon
1/2 tsp ground cumin
1/4 tsp coriander seeds, coarsely ground or crushed
1/4 tsp peppercorns, coarsely ground or crushed
2 King Cole duck breast #32915
salt to taste

DIRECTIONS

1. Preheat the oven to 400°F.
2. Heat the honey in a saucepan over high heat 2-3 min, until it is slightly caramelized. Pour in the vinegar and mix well. Add the spices, lower the heat to 'low', then let the sauce reduce 5 min, until it has reached a 'coating' consistency.
3. Make crosshatched incisions in the skin of the breasts. Season with salt then rub it into the meat. Put the breasts, skin side down, in a thick-bottom skillet. Pour the honey sauce over the breasts then cook in the middle of the oven about 6-8 min. Turn them, then cook an additional 2 min (for medium-rare doneness).
4. Transfer the duck breasts to a cutting board, cover with aluminum foil and let stand 5 min before slicing (to reabsorb the juices). Put the slices on the warmed plates, spoon the sauce on the slices and serve with roasted asparagus, blanched green beans, parmesan fennel or Milan-style brussel sprouts.

Milan-Style Brussel Sprouts



INGREDIENTS

10 brussel sprouts, whole	1 tbsp parmesan cheese, grated
1/2 tbsp olive oil	1 tbsp bread crumbs [optional]
1/3 cup water	salt to taste

DIRECTIONS

Prepare the vegetables. Heat the oil in a pan over medium heat. Add the sprouts to the pan and cook 2 min, with stirring, then pour in the water, cover, and simmer until the sprouts are almost tender, 5 to 7 min. Uncover, add a little salt, then simmer until the water evaporates completely, about 7 min. Add the grated cheese and bread crumbs then serve.