

Duck



ROAST MALLARD DUCK WITH KRAUT

1 Mallard Duck
1 clove garlic
4 strips bacon

Dry duck inside and out with paper towels and rub cavity with salt, pepper. Rub on outside lightly with garlic clove. Take sharp knife and prick skin around thighs, back and breast. Place in pan, breast side up and roast for 20 minutes. Draw off fat from roasting pan with bulb baster and set aside in bowl. Reduce heat to 350 degrees, turn over and roast for another 20 minutes, Turn again on back side for another 20 minutes. Cross strips of bacon over breast during roasting.

DRESSING:

1/4 cup duck fat
1/4 cup finely diced onions
1 1/2 cups flour
1 1/2 cups water
1/2 tsp. caraway seed
1/2 tsp. paprika
1 lb. freshly washed sour kraut

Pour duck fat into skillet over moderate heat. Drop in onions and cook until golden brown. Mix in flour, a little at a time, stirring continuously and cook for 1 to 2 minutes. Pour in water, stirring continuously until mixture comes to a boil. Add caraway seed and paprika and boil until contents boils down to about 1 cup. Stir in sour kraut and cook for 5 minutes.

ROAST WILD DUCK

In cavity place whole medium onion and quartered apple pieces. Fill rest of cavity with bread dressing with a small amount of precooked pork sausage crumbled in it. Lay bacon strips across breast and roast at 300 to 350 degrees until tender.

MALLARD WITH WILD RICE DRESSING

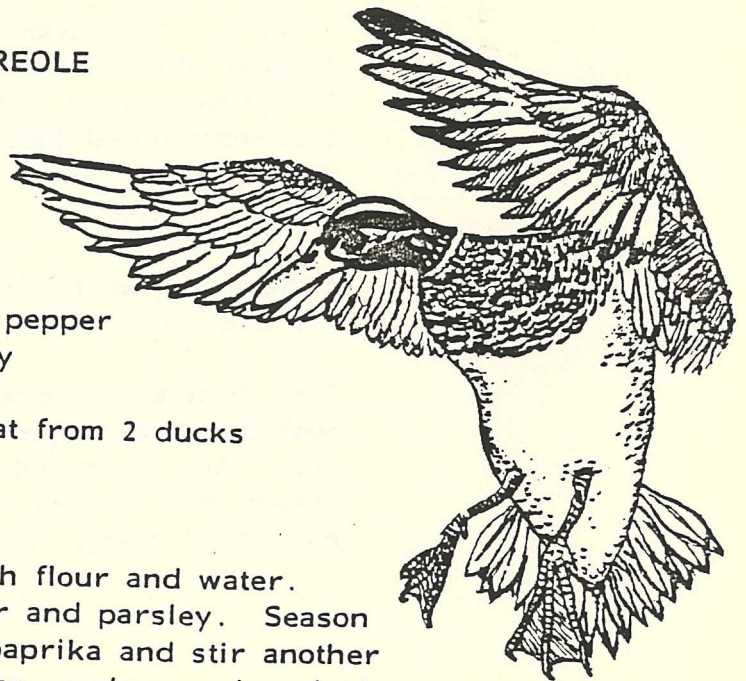
2 mallards
1 cup wild rice
2 tsp. salt
2 tbsp. minced onion
2 tbsp. minced green pepper
2 tbsp. minced celery
14 oz. can chopped mushrooms, drained
1/4 tsp. pepper
1/4 lb. butter, melted
2 cups orange juice

Cook wild rice in 1 qt. water with 1 tsp. salt for 40 minutes. Drain off unabsorbed water, and dry rice by spreading on towel or shaking pan over low fire. To the rice add the onion, pepper, celery, mushrooms, 1 tsp. salt, the pepper and the melted butter. Stuff the mallards with this dressing and roast in 350 degree oven for 2 hours. Baste frequently with the orange juice mixed with equal parts of water. Remove any excessive grease that collects each time, before basting, with a bulb-type baster. Serves 4.

DUCK A LA CREOLE

2 tbsp. flour
1 tbsp. butter
2 tbsp. diced ham
2 tbsp. diced onion
2 tbsp. chopped celery
2 tbsp. chopped green pepper
2 tbsp. chopped parsley
1 cup consomme
Pieces of cold duck meat from 2 ducks
1 clove
pinch of mace

Melt butter and mix with flour and water. Stir ham, onion, pepper and parsley. Season with salt, pepper and paprika and stir another 2 minutes. Add consomme, a clove and a pinch of mace. Simmer for 1 hour. Stir in cold duck pieces and cook until tender. This can be served on a bed of wild rice, or mush. Serves 4.



ROAST MALLARD DUCK

1 mallard duck
1 tsp. salt
1/8 tsp. pepper
2 sliced medium onions
1 sliced medium carrot
a pinch of thyme or sage

Preheat oven to 425 degrees. Season inside of duck with 1/2 tsp. salt, pepper and herbs, and 1 sliced onion. Truss. Place duck breast up and strew vegetables around it. Set in the middle level of oven for 15 minutes to brown lightly. Reduce oven to 350 degrees and turn duck on its side. Occasionally remove accumulated fat. Basting is not necessary. About 30 minutes later turn duck on its other side. 15 minutes before roasting time is up salt the duck and turn it breast up. Estimated roasting time 1 1/2 hours. Serves 2.

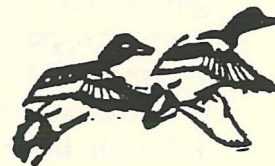
SAUCE FOR ROAST DUCK

1 1/2 duck stock or beef bouillon
1 to 2 tbsp. butter
3 or 4 tbsp. port wine (optional)

Tilt the roasting pan and spoon all but 1 tbsp. of fat. Add the stock or bouillon and boil rapidly, scraping up coagulated roasting juices and crushing vegetables, until liquid is reduced by half. Add optional wine and simmer to evaporate alcohol. Remove from heat and just before serving swirl the butter into the sauce and strain into a gravyboat. Pour a little of the sauce over the duck and serve.

STUFFED DUCK

3 mallards
1 cup orange juice
1/4 cup apricot brandy
4 tsp. salt
1/2 cup chopped onions
1/2 cup chopped celery
3 tbsp. butter
2 cups cooked wild rice
2 cups dry bread crumbs
1/2 cup diced apple
1 tbsp. grated orange rind
1/4 tsp. poultry seasoning
1/4 teaspoon Ac'cent
1/2 cup port



Clean the ducks and remove as much fat as possible. Sponge inside and out with mixture of 1/4 cup orange juice and brandy. Sprinkle with 2 tsp. salt and set aside for 3 hours. In small saucepan place giblets, with water to cover. Cook 30 minutes. Drain, reserving the stock. Chop the giblets. Saute the onions and celery in the butter for 10 minutes. Add the wild rice, bread crumbs, apple, orange rind, poultry seasoning, Ac'cent, remaining salt, the giblets and enough of the reserved stock to moisten mixture. Stuff the ducks and close openings with skewers or thread. Place on rack in shallow roasting pan. Roast in a 400 degree oven for 30 minutes. Drain fat. Reduce heat to 350 degrees. Mix remaining orange juice with the port and pour over ducks. Roast 2 hours longer, basting frequently. Serves 6.

GERMAN STYLE ROAST DUCK

2 wild mallards (2 to 2 1/2 lb.)
garlic salt, pepper
2 tbsp. paprika
2 apples quartered
2 onions quartered
6 slices bacon
1/4 cup butter melted
3 cups sauerkraut
4 juniper berries, crushed
2 tsp. caraway seed
2 slices cooked bacon, crumbled

Sprinkle duck inside and out with salt, pepper and paprika. Place apple and onion quarters in cavity of each. Cover breasts with bacon and fasten with string. Place ducks breast up in baking pan. Roast in 350 degree oven 1 to 1 1/4 hours, or 15 minutes per pound, basting frequently with butter. Combine sauerkraut, juniper berries, caraway seed and bacon in shallow casserole. Mix well. Place in oven 20 minutes before ducks are done. Discard apple and onion quarters; remove string. Carve ducks. Arrange duck slices on sauerkraut. Serves 4.

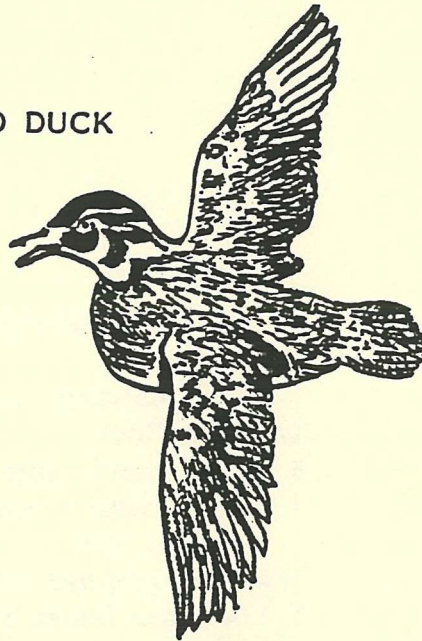
SMOTHERED DUCK

1 mallard
1/4 tsp. pepper
1/2 tsp. thyme
1/2 cup flour
1/2 cup salad oil
1 cup half-and-half
1 small onion stuck with cloves

Cut cleaned duck into pieces. Mix salt, pepper, thyme and flour. Dredge duck with this mixture. Fry duck slowly in hot oil until brown on both sides, about 30 minutes. Turn only once. Add half-and-half and onion; cover tightly and bake for 1 hour, or until tender, in a 325 degree oven. Serves 3.

ROAST MARINATED WILD DUCK

3 mallard ducks
salt
ground black pepper
lemon juice
port to cover
1 bay leaf
3 cloves
1 small onion sliced
1 carrot sliced
1 stick celery sliced
sliced fat salt pork
marinade sauce



Salt and pepper ducks inside and out; rub birds with lemon juice. Truss. Put ducks in deep dish and cover with port. Add the next five ingredients. Marinate 24 hours. Remove ducks from marinade, reserving it. Place ducks on rack in shallow roasting pan. Cover breasts with slices of salt pork. Roast 450 degree oven for 40 minutes, basting with marinade 3 times. If well-done duck is desired, roast 10 to 20 minutes longer. Cut into serving-size pieces and serve with marinade sauce. Serves 6.

MARINADE SAUCE

1 1/4 cups strained marinade
1 tsp. minced shallot
1 stalk celery
2/3 cup orange juice
1/2 tsp. lemon juice
1 tbsp. flour
1 cup veal or chicken stock
dash cayenne
1/2 tsp. grated orange rind
1/2 tsp. salt

Combine first five ingredients and cook until the liquid has been reduced to half its original volume. Strain. Blend flour with stock and add to the sauce along with remaining ingredients. Simmer 5 minutes. Serve with duck. Makes 1 1/2 cups.

DUCK STEW

1 mallard duck
1/2 tsp. salt
fresh black pepper
1/2 lb. bacon cut into small pieces
3 tbsp. butter
1 small turnip, peeled and wedged
18 small white onions, peeled
4 carrots, peeled, cut into 2 inch pieces
1 bay leaf-1 clove garlic crushed
1/2 tsp. thyme
1/2 tsp. marjoram
3 sprigs parsley
1/2 cup white wine
3 tbsp. anisette liqueur (optional)
24 roasted chestnuts (1 lb. whole)

Season cavity and skin with salt and pepper. Truss. Fry bacon in large casserole or baking dish until all fat has rendered. Remove bacon and add butter. Brown duck, breast side first, in combined hot bacon fat and butter. Add turnip wedges, onions, carrots, bay leaf, garlic, thyme, marjoram and parsley. Cover and cook in 350 degree oven for 1 hour. Pour off fat and add wine and anisette. Add chestnuts. Cover and cook for 10 minutes longer until chestnuts are hot. Serves 6.



HAWAIIAN DUCK

1 ready to cook mallard
1 cup duck broth
1 cup fresh orange juice
1 1/2 tbsp. cornstarch
1 tsp. salt
1 1/2 tsp. curry powder
1/2 tsp. ground ginger
2 tbsp. soy sauce
1 cup pineapple wedges
1 cup sliced scallions

Discard excess fat from duck and cut duck into quarters. Place skin-side up on rack in a shallow roasting pan. Cover and cook slowly 1 hour or until tender. Pour off fat. Mix duck broth with next 6 ingredients and heat to boiling point, stirring constantly. Add pineapple. Place duck in a baking dish, pour sauce over duck and continue cooking 1 hour. Add scallions 15 minutes before cooking time is up. Serves 2.

DUCK BROTH

Place duck neck and giblets in saucepan with 2 cups water, 1 tsp. salt and 4 whole black peppercorns. Cover and cook 1 hour or until tender. Strain broth. Cool and allow fat to rise to top and skim off. Serves 2.



ORANGE GLAZE DUCK

1 mallard
1 tsp. caraway seeds
1 qt. day-old bread crumbs
1/4 cup minced onion
1/4 cup minced green pepper
1/2 cup minced celery
1 tsp. salt
1/4 tsp. pepper
1 tbsp. crushed dried sage



Sprinkle cavity of duckling with caraway seeds. Combine rest of ingredients and stuff into bird. Fasten neck skin to back; close body opening. Roast duck at 325 degrees for 3 hours. Do not cover or baste. Serves 4.

ORANGE GLAZE: In saucepan combine 1/3 cup brown sugar; 1/3 cup granulated sugar and 1 tbsp. corn starch. Add 1 tbsp. grated orange rind, 1 cup orange juice and 1/4 tsp. salt. Stir over low heat until sugars dissolve. Simmer until clear and thick for about 3 minutes. Makes 1 1/2 cups.

ROAST MALLARD

1 mallard duck
1 qt. dried bread crumbs
1/2 tsp. dried sage
1 tbsp. butter
1 small can mushroom chunks
salt
1/4 pint water



Crumble dried bread for dressing. Dice gizzards and hearts into quarter-inch cubes and place in sauce pan with 1/4 pint water. Season with salt and sage. Add butter and boil 10 minutes. Pour over crumbled bread and add mushroom chunks and juice. Grease ducks inside and out with butter. Season with salt and lay bird on large sheet of aluminum foil. Spoon in dressing. Wrap in aluminum foil, rolling edges. Place in shallow pan and put into 400 degree oven. After 10 minutes reduce heat to 350 degrees and cook for 1 3/4 hours. Serves 2-3.