

Duck Recipes

Nothing is quite as savorious, as utterly satisfying, as perfectly cooked duck, oozing with flavorful juices. Duck is still considered as exotic meat in many parts of the country and is often sold at exotic prices.

Duck Cooking Tips:

An average rule of thumb for a 4 1/2 pound domestic duck is 1 hour and 15 minutes to 20 minutes in a 350 F oven for medium-rare, and an additional 25 to 30 minutes for well-done. Domestic ducks can be roasted, grilled, or sauteed with equal success and with little concern for basting. To test for doneness, cut a tiny slit in the breast meat. The juices should run clear yellow for farm-raised birds; wild ducks will release a reddish pink juice and should never be overcooked, or they will be profoundly dry.

Roast Duck With Wild Rice and Chestnut Dressing

Clean Ducks; wash and pat dry. Rub the bird with salt and pepper, inside and out. Brush with butter and fill the cavity with dressing. Place on roasting pan, breast-side up. Add about 1/2" of water. Cover and bake 2 hours at 350 F. or until done.

Wild Rice and Chestnut Dressing:

1 cup wild rice
1/2 cup melted butter or fat
1/2 lb. chestnuts, blanched and cooked
2 Tbsp. minced onion
1/4 tsp. salt
1/8 tsp. pepper

Wash rice thoroughly and steam, using 3 cups water and 1 tsp. salt, about 40 minutes or until tender, then drain. Add remaining ingredients and toss lightly. Fill two 2lb. ducks.

Italian Duck

4 ducks
1 large can tomato sauce
2 C flour
1 package spaghetti sauce mix
1 T onion salt
2 C Parmesan cheese

1 T garlic salt
2 C chopped parsley, divided
1 T butter
1 C grated Mozzarella cheese
1 small onion, diced
1 C grated Cheddar cheese
1 C mushrooms, sliced

Preheat oven to 375°. Prepare ducks. Filet duck breasts. Slice each filet in half to make 2 thin steaks. Combine flour, onion salt and garlic salt. Dip filets in seasoned flour. Brown in butter in skillet. Place in shallow casserole dish. Saute onion and mushrooms in pan drippings. Add tomato sauce, spaghetti sauce mix, Parmesan cheese and 1/4 C parsley. Cook covered for 15 minutes, stirring occasionally. Pour over filets. Combine Mozzarella and Cheddar cheeses. Sprinkle over casserole. Top with remaining 1/4 C parsley. Bake covered until cheese melts. Makes 8 servings.

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Additional recipes at www.pheasant.com