

Duck Eggs (Poultry & Eggs)

Interesting facts: Duck eggs stay fresher longer, due to their thicker shell. People who cannot eat chicken eggs, due to allergies, can often eat duck eggs. Duck eggs are almost twice the size of chicken eggs; and have a larger yolk. Duck eggs are generally from farms that are free range out doors and are antibiotic and hormone free.

How to select: Best way is if you have ducks or know of a rural farmer who raises ducks and sells the eggs. They can be purchased online but they are pricey and would not be as fresh as locally found ones.

How to clean and store: If the eggs are not in refrigeration you can leave them on the counter for 2-3 days before cooking with them. If they have been refrigerated you must refrigerate them and they should be fresh for 5-7 days.

How to prepare and cook: You can cook them the same way you would cook chicken eggs (1 duck egg equals 2-3 chicken eggs) The duck eggs are best used in cream sauces and dishes that call for an egg as the duck eggs have a richer creamier taste when cooked.