

## Duck (Poultry & Eggs)

**Interesting facts:** While duck is poultry, it is very different from chicken and turkey, because it's a red meat. There is no white meat on duck. This means that a well-prepared duck breast looks more like steak than chicken and is slightly pink in the center when properly cooked to an internal temperature of 160°F. Unlike other red meats, however, duck is very lean and low in saturated fat.

**How to select:** You can find whole duck, duck breast, and rendered duck fat (frozen) at large health food stores and online. Purchase organic, free range, hormone and antibiotic free when buying.

**How to store:** Keep duck in a freezer at 0 °F. Duck maintains good texture when frozen--better than any other poultry. Defrosted duck should be refrigerated at no higher than 40 °F and used within 3-4 days. Once you have thawed raw duck, do not refreeze it, unless you have cooked it. Never let duck thaw on the counter. Instead defrost the duck in the refrigerator. A breast will thaw overnight; a whole bird can take two days or more. For faster thawing, submerge the duck in its unopened original packaging in COLD water, changing water every 30 minutes.

**How to cook:** Grilled, Roasted

**Grilled:** Prepare the grill to be medium high fire. Grill the breast skin side down for 10 minutes, or until the skin is golden brown. Turn the breasts over and cook another 3-4 minutes. The duck should be cooked to medium rare, otherwise it gets dry. Remove and let rest for 5-10 minutes allowing the juices to stabilize. Slice thin, pour any juices over and serve.

**Roast:** Take the duck out of the refrigerator 1 hour before roasting. Preheat the oven 400°F. Remove any fat from the cavity of one duck about 3-4 pounds. Make small piercings all over the skin to allow the fat to be rendered during roasting; season with salt and pepper inside and out. Place the duck in a roasting pan breast side up and roast for 20 minutes. Turn the duck over and roast another 20 minutes. Place the duck breast side up again and roast 20 minutes more. Take the duck out of the oven and carefully remove all the fat from the pan. Put the duck back in breast side up and roast 20 more minutes. Let the duck sit 10 minutes before serving.