

Roast Duck Stuffed with Apples and Grapes Recipe

Ingredients

- 1 ea Duck, 5 1/2 pound, dressed
- Stuffing: Duck giblets
- 1/2 lb Mushrooms, coarsely chopped
- 4 ea Greening apples, cored and Sliced, but not peeled
- 1 1/2 c Seeded (or seedless) halved Sweet grapes
- 2 c Unblanched hazelnuts
- 1 ts Salt
- For basting: 2 c Apple cider

Instructions

1. Cover the duck giblets with water in a small saucepan and simmer gently for 1/2 hour. Drain, reserving 1/2 cup of the giblet-cooking water.
2. Chop the giblets for the stuffing. Mix the giblets and 1/2 cup giblet-cooking water with the stuffing ingredients. Remove any pinfeathers from the duck, and singe to remove any hairs. Stuff both neck and body cavities of the bird, skewer shut, and truss. Prick the skin of the duck well all over with a sharp fork. Wrap any remaining stuffing in aluminum foil.
3. Place the duck, breast side up, on a rack in a large roasting pan. Place the foil-wrapped stuffing in the pan beside the bird. Place in a hot oven, 400F, and roast for 1 hour, pricking the skin of the duck with a fork and basting every 20 minutes with cider.
4. Reduce oven temperature to moderate, 350F, and continue to roast for 2 hours more, pricking the duck and basting every 20 minutes with cider and drippings.

Source: The Art of American Indian Cooking by Yeffe Kimball and Jean Anderson, Avon Books, New York, NY, 1965. From Loren Martin

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