



Byrd's Kitchen

by Vivian Byrd

New delicious ways with roast duckling

Most of us are familiar with duck with orange sauce or cherry sauce, or have made duck with sage stuffing for Thanksgiving or Christmas dinner. Many of us order a pressed duck dish when we go out for Chinese food, or enjoy that delicious meal where different parts of the duck are prepared and served as separate courses, deceptively known simply as Peking Duck.

However, for some time I found myself relying on that same old cherry sauce or orange sauce when preparing duck at home, which, while they are quite tasty and enjoyable, do not take advantage of the other many possibilities for preparing duck. When I went in search of new recipes, I found some combinations that sounded, and turned out to be, excellent.

For instance, Duckling with Figs. This recipe calls for fresh figs, which limits the time during which it can be enjoyed to a few weeks later in the summer. However, canned figs could be used.

The flavor is a little different but still quite good. When using canned figs, make sure all the liquid has been drained before soaking the fruit in the wine. If the figs are not well-drained, they will not absorb as much of the wine.

You are very likely familiar with the term "nicoise." It generally means that a dish contains olives, tomatoes and probably garlic, and can be cooked or uncooked. Salade Nicoise is quite popular, made with these same ingredients plus tuna, lettuce, green onion and whatever else strikes your fancy.

The olives in this recipe provide a tasty contrast to the duck meat.

*Broiled Peppercorn Duckling should be

made with young duck, although the ducks sold in American markets are usually tender enough for this dish.

The peppery result begs for contrast in the vegetables served alongside, so James Beard's recipe suggests tiny new potatoes, boiled and buttered, to absorb some of the spiciness of the pepper, and a big bouquet of watercress for coolness.

DUCKLING WITH FIGS

Serves 4

- 2 dozen fresh figs
- Port
- 4 lb. ready-to-cook duck
- Salt
- Ground black pepper
- 2 tsp. butter, melted
- 2 tsp. brandy

Wash figs and soak in wine to cover in a covered jar for 24 hours. Wash

duck and wipe dry. Sprinkle with salt and pepper. Place duck in a casserole with melted butter. Bake, uncovered, in a preheated slow oven (325 degrees) for 1/2 hour. Drain off fat. Add the marinading wine, reserving the figs. Return duck to oven and continue cooking for one hour or until duck is tender, basting with wine occasionally. Skim off fat and discard. Add figs and cook 10 minutes. Transfer duck to a warmed platter, and place figs around it. Add brandy to pan drippings, heat, and spoon over duck. Serve remaining sauce in a sauceboat. Serve with rice (preferably wild rice or a combination of wild and white rice), green beans or peas.

DUCK NICOISE

Serves 4

- 4 lb. ready-to-cook duck
- Salt and ground black pepper

- 1 small clove garlic, crushed
- 6 medium-sized tomatoes, peeled, seeded, and quartered, or
- 2 cups drained canned whole tomatoes
- 1/2 cup pitted green olives
- 2 tsp. chopped parsley
- 1/4 cup dry white wine
- 1/4 cup brandy
- 1/4 cup bouillon
- 1/4 tsp. sugar

Wash and dry duck and rub with salt and pepper. Truss and place on a rack in a roasting pan. Cook in a preheated slow oven (325 degrees) for 1 1/2 hours or until the duck is browned. Put duck on a warm platter and keep it warm. Drain excess fat from the pan. Add all the rest of the ingredients to the pan

drippings. Stir and cook 10 minutes or until most of the liquid has evaporated. Adjust seasonings. Spoon sauce onto platter around the duck, positioning the olives for the greatest decorative effect.

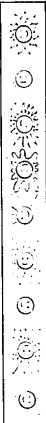
BROILED PEPPERED DUCKLING

- 2 ducks, 4 to 5 lbs., each split, neck and wings removed
- Half a lemon
- 1 tsp. salt
- 2 tsp. crushed black peppercorns

Wash the ducks, rub the bone side with lemon and the skin side with salt. Arrange the ducks bone side up on a broiling pan. Place under the broiler about 6 inches from the heat and broil very carefully approximately 20 min-

utes. Remove from the oven, turn the duck pieces, prick the skin with a fork, and return to the broiling oven for 10 minutes. Remove, and holding each half with several thicknesses of absorbent paper or with towels, place the pieces into the crushed pepper so that each half is very well coated. Return to the broiling pan skin side up a continue broiling for another 10 to 15 minutes, or until the ducks are crisp on the skin side and well broiled. Remove the broiled duck halves from the oven and arrange on a serving dish with tiny new potatoes boiled and buttered, and a big bouquet of watercress. Serve at once on very hot plates. (From James Beard's "American Cookery," Little, Brown.)

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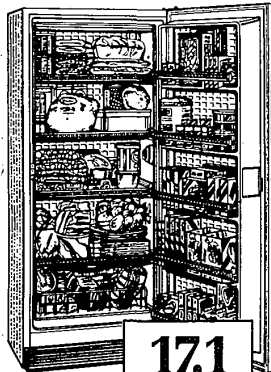
When cooking lamb on the grill, remember that the temperature should be low to moderate. You'll know the fire is ready when the coals are covered with a gray ash.

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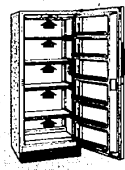
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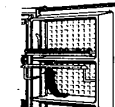
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