

# MARINATED DUCK

## WITH BITTER LEAVES, BLOOD ORANGES & PECANS

STAGE 4

PREP TIME: 20 MINUTES,  
PLUS MARINATING AND  
COOKING/DEHYDRATING  
COOK TIME: 15 MINUTES

3-4 duck breasts

### MARINADE

2 tablespoons (30 ml) sesame oil (Stage 1)  
2 tablespoons (30 ml) coconut aminos  
3 cloves garlic, thinly sliced  
2 teaspoons (10 ml) ume plum vinegar  
6 whole cloves

### SALAD

1 small radicchio  
½ large bunch watercress  
1 small fennel bulb, sliced  
2 small blood oranges, peeled  
½ cup (50 g) pecans, soaked and dehydrated  
½ cup (15 g) microgreens

### DRESSING

2 teaspoons maple syrup  
1 tablespoon (15 ml) extra virgin olive oil  
1 tablespoon (15 ml) red wine vinegar  
1 tablespoon (15 ml) blood orange juice  
Pinch sea salt

For best results with this recipe start preparing it several hours beforehand, if not the day before. Marinating the duck overnight will seal in flavor and taking the time to soak and dry out the pecans will make them much easier to digest. See page 12 for a how-to.

Trim the sinew away from the duck flesh and make 5 slashes through the fat, being careful not to cut into the flesh. Place in a dish where they fit quite snugly.

To make the marinade, mix the oil, coconut aminos, garlic, vinegar, and cloves in a small bowl. Rub the marinade over the duck breasts, pushing down into the slashes. Cover the dish and put in the fridge overnight, or for at least 6 hours.

Preheat the oven to 400°F (200°C, or gas mark 6).

Wipe as much of the marinade off the duck breasts as possible and sprinkle with salt. Lay fat side down, in a large, cold frying pan placed over medium heat. Heating the pan gradually renders the fat, preventing it from spitting, and gives you some to keep for later use.

Leave the duck breasts undisturbed for 3 to 4 minutes until browned. Turn the duck over and seal the flesh side for 1 to 2 minutes. Pour the oil into an ovenproof pan and turn the duck once more so it is fat side down again. Transfer to the oven for 6 to 8 minutes until cooked through. Remove from the oven, place the duck on a plate and allow to rest for 10 minutes.

Assemble the salad. Slice the oranges into rounds and reserve the juice for the dressing. Cut the duck breasts into ½-inch (1-cm) slices and add to the salad. Scatter over the pecans and microgreens.

To make the dressing, whisk together the syrup, oil, vinegar, orange juice, and a pinch of salt in a small bowl.

Drizzle the dressing over the salad, and serve immediately.

Pecans

AIP COMPLIANT Sub avocado oil for sesame oil. Omit pecans.

FREEZER-FRIENDLY Duck

LOW FODMAP Omit garlic.

COCONUT-FREE Sub 1 tablespoon (15 ml) oil and 1 teaspoon (5 ml) ume plum vinegar for coconut aminos.

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