

**Recipe Name:** Apple Cider Braised Duck

**Recipe Category:** Dinner Entrée

**Portion Size:** 5 oz. with bone or 3 oz boneless skinless

**Ingredients: Yields: 50 servings**

Ingredients	Notes:
13 (5 lbs.) whole duck or pieces	
¼ cup salt	
2 tablespoons ground black pepper	
2 tablespoons paprika	
1/2 cup olive oil	
5 pounds carrots	Washed, trimmed, peeled and diced
5 pounds fennel bulbs	Washed, halved, cored and cut into ½ inch pieces
3 cups shallots	Washed, trimmed, peeled and diced
3 cups leeks	Washed, trimmed and sliced thin
1 gallon apple cider	
12 bay leaves	
2 tablespoons thyme leaves	
3 pounds pancetta, cut into ¼ inch slices	
4 pounds frozen pearl onions, thawed	
4 pounds cremini mushrooms	Washed, trimmed and sliced thin
3 quarts low sodium chicken stock or water	
1 cup honey	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 375 degrees. Rub salt, pepper and paprika into the skin of the duck Place duck on a rack and season well. Roast duck in oven for 1 hour. Transfer to roasting pan.	
2	Meanwhile, in a large skillet, heat oil to medium high heat. Add carrots, fennel, leek and shallots. Cook just until starting to soften. Add the apple cider, thyme, bay leaves, tarragon, stock and bring to a boil. Pour braise over duck. Return to oven and reduce heat to 350F. Cook for 45 minutes	Cook until internal temperature reaches 165°F.
3	Meanwhile in a skillet, cook the pancetta until browned and crisp. Use a slotted spoon transfer to plate and drain excess fat. Add the pearl onions and season with salt. Cook until browned in spots and heated through. Remove from pan. In same skillet add mushroom and season with salt. Cook over moderately high heat, stirring occasionally until browned and tender. (about 7 minutes).	
4	Transfer duck to plate and keep warm. Using a slotted spoon, transfer the vegetables to a bowl. Skim off excess fat from broth. Return vegetables to pan. Simmer over high until reduced by half and the vegetables are coated with sauce. Stir in honey. Remove bay leaves.	
5	To serve, plate duck and serve with vegetables. Scatter the pancetta, onions, and mushrooms on top.	

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw poultry.

**Texture Modified Diets: TO SERVE: REMOVE SKIN AND BONES. CUT INTO CORRECT PARTICLE SIZE.**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size after cooking. Moisten with broth as needed.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with broth as needed.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Serve ½ cup puree duck.

**Therapeutic Modified Diets:**

**Lowfat:** Omit duck. Serve boneless skinless chicken.

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed.

**Bland/Anti Reflux:** Omit duck. Serve boneless skinless chicken.

**Liberal House Renal:** Omit salt and pancetta. Use SF stock or water

**No Added Salt:** Omit pancetta

**2 Gram Sodium:** Omit salt and pancetta. Use SF stock or water

**Gluten Free:** Use GF stock or water. Prepare separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free