

DELICIOUS, NUTRITIOUS DUCK

DUCK: THESE DAYS, THIS TASTY BIRD IS APPEARING IN SALADS, SANDWICHES, PASTA, PIZZA AND MUCH MORE. ONE REASON IS IT'S NOW EASIER TO FIND FARM-RAISED DUCK WITH A TENDER, MILD FLAVOR THAT'S NOT "GAMEY." IN FACT, DUCK HAS A DELICIOUS, RED-MEAT TASTE THAT'S MORE SIMILAR TO STEAK THAN TO CHICKEN OR TURKEY AND SUBSTITUTES EQUALLY FOR EITHER IN RECIPES. ANOTHER MAY BE YOU DON'T HAVE TO SACRIFICE FLAVOR TO MAKE A HEALTHY CHOICE. DUCK FAT HAS SIMILAR HEALTH BENEFITS TO OLIVE OIL, AND DUCK BREAST HAS ABOUT AS MANY CALORIES AS SKINLESS CHICKEN OR TURKEY BREAST, BUT IT'S RICHER, BOLDER. TO ELIMINATE UP TO SEVENTY PERCENT OF THE FAT, WHILE CRISPING THE SKIN AND ADDING TO THE DISTINCT FLAVOR OF THE MEAT, SIMPLY SCORE AND SEAR THE DUCK BREAST BEFORE FINISHING IT ON THE GRILL OR IN THE OVEN. PLUS, YOU CAN NOW GET A SELECTION OF DUCK PRODUCTS FROM RAW DUCK BREAST AND WHOLE DUCK TO FULLY COOKED, HEAT-AND-SERVE DUCK LEGS AND APPETIZERS FROM MAPLE LEAF FARMS. FOR MORE INFORMATION, RECIPES AND COOKING SUGGESTIONS, VISIT MAPLE-LEAF-FARMS--DOT--COM.