



Entree #8

# Roasted Duck with Cranberry Orange Black Pepper Chutney & Nutty Wild Rice

Prep Time: 15 min  
Rack Height: 1 inch  
Power Level: HI  
Cook Time: 45 min

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Serves: 4

Questions: 1-888-689-2831

## Ingredients:

3 - 4 lb. (1.36 - 1.82 Kg) fresh duck

### Nutty Wild Rice:

- 1½ cups wild rice
- 3 cups water
- 3 teaspoons Better than Bouillon chicken base
- 1 tablespoon Land O' Lakes unsalted butter
- ½ cup roasted, skinless, chopped hazelnuts
- 1 tablespoon chopped fresh parsley leaves
- salt & pepper to taste

### Chutney:

- 1/3 cup or 4 large shallots (finely chopped)
- 1 tablespoon unsalted butter
- 2 cups fresh cranberries
- 1/2 cup sugar
- 1/3 cup water
- 1 tablespoon cider vinegar
- ¾ teaspoon cracked black pepper
- 1/2 teaspoon salt
- 1/3 cup orange juice (or 1 orange freshly squeezed)
- zest of 1 orange (finely grated)

## Cooking Instructions:

1. Place duck on the 1 inch rack breast side down, and cook on power level HI for 25 minutes.
2. Turn the duck over, and cook on HI for an additional 20 minutes.

During the last 20 minutes of cooking, prepare the rice:

1. Cook rice on stove top according to package directions adding in water, bouillon base, and butter.
2. After the rice has cooked (when most of the liquid has been absorbed), remove from heat. Let it rest for 10 minutes.
3. Fluff with a fork; add the nuts and parsley.
4. Season with salt & pepper to taste.

Prepare Chutney (best when served chilled):

1. In a saucepan, melt butter and saute shallots.
2. Add remaining ingredients, and simmer on low heat for 10 - 15 minutes while stirring occasionally. (Cranberries will break and pop.)
3. Remove from heat and cool. Refrigerate for later use.

## Options & Cooking Tips:

- Roast your hazelnuts right in the Nu-Wave Oven. Place hazelnuts on the liner pan, and cook on HI for 5 minutes. Stir and cook on HI for an additional 5 minutes. Rub the roasted hazelnuts with kitchen towels to remove skin.
- With a frozen duck, cook on power level HI on the 1 inch rack - breast side down for 45 minutes. Turn the duck over, and cook on HI for an additional 45 minutes.
- Foil can be placed over the duck to prevent over browning.
- For easier clean up, place foil on the liner pan to collect fat drippings. When cooled, simply wrap up the foil and toss the remains.