

Tips for Cooking Muscovy Duck

Muscovy ducks have red meat and indeed taste like the 'sirloin' of the poultry world Here are some of our favorite techniques and tips. Find recipes at our blog: www.PocketPause.com/Recipes

* Hands down the best recipe to cook with your Muscovy duck or drake is pan seared breasts. Breast your whole carcass or purchase boneless breasts. A cast iron pan is your friend, as is a sharp knife. This dish is served rare to medium rare and exemplifies the tender, flavorful and delicious qualities of the Muscovy. Find specifics on cooking this gourmet dish at Hank Shaw's blog : <http://honest-food.net/2014/12/15/how-to-cook-duck-breasts/>

* My second favorite dish is “carnitas.” Braise the duck carcass (after breasting) for several hours in an inch or so of water and orange or lime juice with mexican spices. When falling of the bones, turn off heat. Once slightly cooled, pull the meat off the bones and return to the pan. Cook off all liquid and keep cooking and stirring until the shredded meat cooks up crispy in its own fat. Serve with guacamole, fresh cilantro and hot sauce over rice or tortillas

* Muscovy is easy to overcook so I do not recommend roasting it. Choose recipes that braise slow or sear fast.

* Muscovy meat is a great substitute for red meat in a stir fry, stroganoff or gravy. Pair it with locally foraged mushrooms, stock and good red wine for an epic saucy meal over mashed potatoes.

Edible Portion	% Protein	%Fat	Calories/LB
Rabbit	20.8	4.5	795
Muscovy Hen	21.1	18.3	950
Muscovy Drake	18.9	18	930
Turkey	20.1	20	1190
Pork	11.9	45	2050
Chicken	20	17.9	810
Lamb	15.7	27.7	1420
Beef	16.3	28	1440
Peking Duck	16	28.6	1015

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