

GINGER DUCK WITH PRUNE SAUCE

INGREDIENTS:

- 2 **duck Maryland** (leg & thigh)
- 2-3 **large pieces of ginger rhizome**
- 1 **cup of pure revitalized or spring water**
- 2 **Tbsp of *Omega Nutrition* Prune Extract; or 8 mashed prunes**

DIRECTIONS:

Place the duck on a rack in a glass oven, or a pan in regular oven and add the water to the bottom of the bowl or pan.

Cut pieces of the ginger rhizome into the bottom of the bowl or pan and broil at 350°f/225°c for about 25 minutes, until the skin is crisp but not burnt.

Turn the duck over and baste it with the liquid sauce at the bottom of the bowl or pan.

Broil for another 15 to 20 minutes until done.

Turn the duck over and add the prune extract to the skin side of the duck.

Warm for another minute or two.

Place duck pieces on a plate.

Spoon some of the liquid sauce (water, duck fat, and prune extract drippings), with half of the ginger pieces, over the duck Maryland on the plate.

Pour some of the liquid sauce into a bowl to use when served.

Pour the remaining liquid sauce and ginger pieces into a pot of cooked, long-grain, brown Basmati rice and heat for another minute or two.

ENJOY this delicious duck with Brown, Long-Grain Basmati Rice and the Garden Salad

Serves 2

Use **organic**, humanely raised duck

Suitable for O blood type

For A blood type, use chicken or Cornish hen instead of duck

For B, & AB blood type, use pheasant instead of duck

Duck meat comes from the species of bird in the *Anatidae* family, found in both fresh and salt water. The domestication of ducks dates back 4000 years. Popular in Chinese cuisine, Pekin duck, dates back to the Yuan (Mongol) dynasty where this breed was first developed. Maya (house duck or Sparrow duck) is more popular in China's country side. The Mallard, a freshwater duck, has been domesticated in many parts of the world. Mule ducks are popular in Taiwan, because of their lean meat.

The Muscovy duck is popular in France. Magret refers specifically to the breast of a mullard or Barbary duck that has been force fed to produce the French dish of *foie gras* (fatty liver). Proper handling is as important as is animal welfare. Do not let raw duck contact other foods. Be sure to wash the cutting board, utensils, and hands well after handling raw duck.

Duck often comes frozen. When wrapped well and tightly it can keep for about one year. Defrost frozen duck in the fridge, in a dish. Duck wrapped well and stored in the coldest section of the fridge will keep for 2-3 days.

Duck is not only delectable, it is also a very healthy meat. It is high in quality protein, which is necessary for the formation of body tissues, cells, enzymes, hormones, and the repair of damaged skin, cell membranes, cartilage, and tissues. It is also rich in niacin, and minerals such as selenium, iron, phosphorous, zinc, copper, and sodium. A 100g/3.5oz serving of duck provides 45% of the daily requirement for selenium, which helps protect the cells from free radical damage. Duck also contains some vitamin C and calcium. Duck fat is also beneficial and can be used for sautéing and in rice dishes. One Tbsp/15ml of duck fat has 6.3g of monounsaturated fat, 1.6g of polyunsaturated fat, and 4.2g of saturated fat. Select **organic, pasture-raised** duck from reliable suppliers. Small humane family-farms are usually the best producers.

Ginger, one of the main spices used in curries, is made from the rhizome of the *Zingiber officinale* plant. Its volatile oils, such as *gingerols*, are responsible for its strong taste. Ginger was originally cultivated in South-East Asia and exported to ancient Rome from India. Arabic and Indian cultures along with traditional Chinese medicine have used ginger for over 2,500 years. Its active antiseptic ingredients, terpenes and ginger oil, warm the body, promote perspiration, cleanse the lymph, and stimulate the circulation. It also enhances the body's use of serotonin. With its anti-inflammatory properties ginger increases circulation, lowers cholesterol, and thins the blood in much the same way as does garlic. Ginger is widely used as remedy for nausea, motion sickness, indigestion, IBS, bloating, and flatulence, to name a few. Ginger makes swallowing easier by stimulating saliva production and benefits digestion. Ginger is a powerful free radical scavenger/antioxidant. New research indicates that ginger even fuels apoptosis (death of cancer cells). Fresh ginger's strong antibacterial properties makes it the most effective natural remedy for food poisoning.

Prunes, which are actually dried plums, originated from the Caspian Sea area. Though naturally very sweet, prunes release their sugars slowly because of their high soluble (60% pectin) and insoluble fiber content. Thus, they help eliminate waste, lower cholesterol, and in the prevention of heart disease and cancer. Their insoluble fiber also promotes friendly bacteria in the large intestine, contributing to colon health and in the relief of constipation. Prunes/dried plums are also rich in potassium, manganese, iron, vitamins K, B, and C, beta carotene, lutein/zeaxanthin, phenols, and other antioxidants. Its phenols, neochlorogenic and chlorogenic acid neutralize superoxide anion radicals and prevent oxygen-based damage to fats.

Prunes can last up to 6 months when refrigerated in a container. Washing in warm water helps to soften them.

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