

Pre-Rendered Duck Fat Adds Flavor to Your Favorite Sides

Chefs agree that duck fat is key to adding a rich, full flavor to all of your favorite side dishes. Some chefs insist that potatoes fried in duck fat are superior to just about any other fry. Others are using it to saute spinach, fry eggs, or even toast a grilled cheese sandwich on the stove top! The accompanying recipes will show you some of these popular preparations.

Potatoes Cooked in Duck Fat

The following list of ingredients prepares approx. one pound of duck fat-friendly potatoes:

- 1 pound potatoes (skins removed)
- 3 tablespoons rendered duck fat
- 4 cloves garlic finely sliced
- 2 tablespoons chopped parsley



Preparing the Potatoes

Cut the potatoes into one-inch chunks. In a shallow pan, heat the duck fat, then add the potatoes. Season generously with salt and cook over medium heat for about 10 minutes before turning. After turning, reduce heat and cook potatoes for an additional half hour, turning them from time to time to ensure that they are evenly crisped on all sides. Towards the end of the 30 minutes, stir in the thinly-sliced garlic and parsley. Season with black pepper to taste.

Pearl Onions Roasted with Duck Fat

The following list of ingredients prepares approx. one pound of duck fat-friendly onions:

- 1/2 cup rendered duck fat
- 1 pound pearl onions
- 4 sprigs fresh thyme
- Salt and pepper to taste



Preparing the Onions

Preheat your oven to 375 degrees F. Take a large ovenproof skillet and coat it with the duck fat. Heat the pan over a medium heat until the fat is hot. Then, add the onions, tossing them in the fat. Cook the onions for 5 minutes. Once they have started to caramelize, add the thyme, and season to taste with salt and pepper. Remove the pan from the stove top and roast in the oven for 15 minutes until the onions have softened and are lightly charred.

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The image shows the cover of the 'Gourmet Duck Secrets' e-magazine. At the top, the title 'Gourmet Duck Secrets' is written in a blue, cursive font on a light orange background. Below the title, the date 'October 23, 2007' is on the left and the phone number 'Call: 1-610-562-DUCK' is on the right. The main article is titled 'Chef Success Story: Ruby Foo's Makes Peking Duck a House Favorite with Fresher, More Flavorful Ducks'. To the right of the text is a photograph of the Ruby Foo's restaurant storefront, which has a sign that says 'RUBY FOO'S'.

If you enjoyed this recipe, and want to learn more about how you can improve your dishes with great-tasting duck, or are simply looking for more existing duck preparation tips and recipes, Gourmet Duck Secrets is for you. This free, monthly e-magazine is available online from Joe Jurgielewicz & Son.

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