

## **Tips for Cooking with Duck Eggs**

Duck eggs are larger and richer than chicken eggs and are preferred by bakers worldwide! Find some recipes at our blog: [www.BirdsongFarmOregon.com](http://www.BirdsongFarmOregon.com)

- \* A 70g duck egg has 130 calories with 87 calories from fat, 8.97g protein and 619 mg cholesterol. Our duck eggs usually weigh between 70 and 90 grams.
- \* To boil duck eggs: Place eggs in a single layer in a pot, just cover top of eggs with cool tap water. Bring eggs to a boil and boil ~30 seconds. Cover pot, turn off heat, set a timer for 10 minutes. Carefully drain off hot water, run under cool water or drop into a bowl of ice water.
- \* Use your boiled duck eggs to make egg salad: it will be extra creamy thanks to the large, rich, fatty yolks!
- \* Duck eggs can be substituted for chicken eggs in any baking recipe and will create richer, fluffier breads and muffins. When substituting use smaller duck eggs or figure one large egg is equal to about 1.5 medium chicken eggs.
- \* Try adding duck eggs to your scrambles, omelettes or fritattas: you'll get extra poof and a bit more protein!
- \* Duck egg whites have more protein in them than chicken eggs. This is what makes them poofier/peakier in baked goods but it can also get a bit rubbery when frying.
- \* Try using duck eggs to make homemade pasta: I think the dough is stretchier and more rich tasting than pasta made with chicken eggs.