

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 some recipes at our blog: www.BirdsongFarmOregon.com

* Hands down my favorite recipe to cook with your Muscovy duck or drake is pan seared breasts. Breast your whole carcass, leaving the skin flaps on each end of the breast. A cast iron or stainless steel pan is your friend. 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 here : <http://honest-food.net/2014/12/15/how-to-cook-duck-breasts/>

* My favorite dish for the rest of the carcass is “carnitas.” Braise or crock pot the duck carcass (whole or 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, shred the meat off the bones onto a cookie sheet and place under the broiler with plenty of duck fat. Cook until browned, stir, cook a bit more. Serve with guacamole, fresh cilantro and hot sauce over rice or tortillas. Another great use for the carcass is duck/mushroom gravy, stew, chilli or stroganoff!

*Muscovy is easy to overcook when roasting. Use this recipe as reference: <http://honest-food.net/2015/01/28/roast-duck-recipe/> Times may differ with large muscovy drakes.

* Cook fast and serve medium rare, or cook slow and serve tender

* Smaller ducks are delicious smoked! Cover the duck in a basic brine for several days, rinse and allow to dry in the fridge over night, smoke for several hours until the meat reaches 160 degrees.