

## DUTCH OVEN DUCK

Whether your heat source is a bed of white-hot coals or a rustic camp stove, a Dutch oven can cook your duck to fall-off-the-bone deliciousness. It's an old-school slow-cooker for meat dishes that require low cooking temperatures and a little more time to make them tender. For those who prefer their waterfowl more like pot roast than a medium-rare steak, browned duck that is slowly simmered in a Dutch oven with vegetables and broth will get the job done. This recipe calls for cubed duck breast fillets. Whole or quartered ducks can also be browned and simmered in broth until the meat pulls away from the bone with ease. Once cooked and cooled, pull the meat from the bones and place it in the Dutch oven with the vegetables and stock.

Makes 6-8 servings

### Ingredients:

- 3 cups duck breast fillets, cut into 1-inch cubes
- Kosher salt and freshly ground black pepper
- Olive or vegetable oil
- 1 large red onion, roughly chopped
- 3 medium carrots, roughly chopped
- 3 celery stalks, roughly chopped
- 1 bell pepper, any color, diced
- 3 to 5 cloves garlic, minced
- 1 1/2 quarts beef or chicken broth
- 1 1/2 cups sweet potato, peeled and cut into 1-inch cubes
- 1 1/2 cups russet potato, peeled and cut into 1-inch cubes
- 3 cups sliced fresh mushrooms, any variety
- 2 sprigs fresh rosemary

### Directions:

1. Season the duck liberally with salt and pepper. Heat a thin layer of oil in a Dutch oven over medium-high heat. Add the duck and brown it evenly on all sides. Mix in the onions, carrots, celery, and bell pepper. Cook, stirring often, until onions are translucent.
2. Add the garlic and broth. Cover and simmer for 2 hours or until the meat is tender. Add the sweet potato, russet potato, mushrooms, and rosemary. Simmer for 15 to 20 minutes or until the potatoes are just cooked. Season to taste with salt and pepper.
3. Serve with crusty bread.