

Roasted Duck with Wild Rice Casserole

Gluten-free Recipe by Angela Litchfield



ROASTED DUCKS

2 wild ducks, dressed
1 celery stalk, cut in half
2 small onions
3 strips of bacon
2 cups of water
salt and pepper

Wash ducks in cold water and pat dry. Put half of celery and an onion in both duck cavity. Place ducks in roasting pan, breast side up. Pour in cold water into bottom of roasting pan. Place bacon strips over both ducks. Season with salt and pepper.

Cover and bake at 350 degrees Fahrenheit until meat is tender; about 1 1/2 hours.

Remove bacon strips. Brown ducks. Remove ducks from pan and keep in a warm place.

Indigenous ingredients: ducks and wild rice

WILD RICE CASSEROLE

1 celery stalk diced
1/4 cup onions, diced
1/4 cup of mushrooms
1 tomato, peeled and chopped
1/4 lb. wild rice
bacon (already cooked with the ducks), crumbled
1 tsp. garlic powder
salt and pepper
parmesan cheese

Wash rice in cold water. Put rice into sauce pan. Cover with water and bring to a boil. Reduce heat and simmer for 60 minutes. Drain.

Sauté celery, onion, and mushrooms for 5 minutes.

Put rice into a casserole dish and stir in the tomato, crumbled bacon, garlic powder, and sautéed mixture. Season with pepper and salt.

Sprinkle cheese over the casserole and bake for 20 minutes at 300 degrees Fahrenheit.

Serve with the ducks.

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant