



the

community cooking

cook
book

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Introduction

Cooking can be fun, creative and easy. With a focus on delicious and healthy food, the *Community Cooking Cookbook* is a compilation of recipes produced by local chef Chris Wotherspoon of SNACS Entrepreneurs and reviewed by a registered dietitian, Laura Vandervet. Helpful tips and menu suggestions accompany many of the recipes. Each recipe has a Nutrition Facts Table outlining the nutrients per serving. We hope that this recipe book will help you get into the kitchen and inspire you to enjoy a meal with family and friends.

Using the Nutrition Facts Table

The Nutrition Facts table gives you information about calories, 13 core nutrients and the % daily value of nutrients. You can use the Nutrition Facts table to learn about the nutrition information of the foods you eat, to better manage special diets, and to increase or decrease your intake of any nutrient. Please see the annex “Focus on the Facts” produced by Health Canada or visit Canada.ca/NutritionFacts online to learn more and use their interactive tools.

The Nutrition Facts Tables are calculated using the Dietitians of Canada EaTracker tool. You can track your eating habits and goals with reference to your recommended daily intake online at eatracker.ca.

Food safety

Bacteria grow slowly at colder temperatures and multiply rapidly at mid-range temperatures. To be safe, a product must be cooked to an internal temperature high enough to destroy harmful bacteria.

Using a meat thermometer is a reliable way to ensure that food has reached the proper temperature. An accurate reading of the internal temperature can be done by inserting it in the thickest part of the food away from bone and fat. For more food safety tips please visit befoodsafe.ca.

Community Cooking Classes

We hope you enjoy the *Community Cooking Cookbook*. This health promotion resource is the result of the Community Cooking classes that took place in 2015-'16 brought to you by Voice of English-speaking Québec, SNACS Entrepreneurs, Be Active Québec and Jeffery Hale Community Partners thanks in part to federal health promotion funding.

By purchasing this cookbook, you have helped us sustain these public classes in English. Thank you for taking part in this important community initiative!

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Local & traditional Québec dishes

Roasted Duck with red wine pan jus

Prep Time: 60 min

Cook Time: 90 min

Serves: 2 (half duck) or 4 (whole duck)

Ingredients

½ young duck, cut into sections
(reserve bones)

1 carrot, diced

1 stalk of celery, diced

1 onion, diced

1 clove garlic, finely diced

1 tablespoon tomato paste

2 bay leaves

½ cup red wine

Fresh thyme

Salt and pepper

Notes

Duck stock can be prepared the day before.

Sectioning a duck is important because the light meat, such as the breasts, has a different cooking time than the dark meat like the thighs or wings. Taking the time to section will help prevent overcooking.

Whole duck has a somewhat higher fat content than other poultry meat. However, duck leg and the skinless breast is similar in energy and nutrient content to chicken and

Instructions

Place duck bones, carrot, celery, onion, garlic, bay leaves, thyme and tomato paste into a large pot and fill with cold water, just enough to cover ingredients.

Bring to a simmer and cook for 120 minutes (2 hours).

Pour duck stock through a fine mesh strainer. Put back on stove and reduce heat by half.

Preheat oven to 375 °F degrees.

Trim duck leg of excessive fat. Season with salt and pepper.

Sear in heavy bottom skillet at a high temperature and until the surface is slightly browned.

Bake in oven for 90 minutes, occasionally pour the juices over the meat (basting) during cooking to keep it moist.

Cut cross sections into fat on duck breast ensuring not to cut into flesh.

With 30 minutes of cooking remaining on the leg, begin to cook the breast.

In a cold heavy bottom cast iron skillet place duck breast, skin side down on medium high heat. Fat will render, gradually. Remove fat from pan twice. Once skin is rendered and crispy, flip and place in oven, with leg for 8 minutes.

Remove duck from oven and discard fat from pan. Rest duck in a warm area while making sauce.

Deglaze by removing dissolved browned food residue from roasting pan with red wine and reduce by half.

Add duck stock and reduce until desired consistency.

Season with salt and pepper to taste.



turkey. Duck is an excellent source of protein and contains iron and B-vitamins. It can be eaten as part of a healthy and well-balanced diet.¹

Nutrition Facts per serving	
Calculated with 250 mL/148 g of roasted duck (meat and skin included)	
Amount	% Daily Value
Calories 607	
Fat 42 g	65 %
Saturated 14 g	71 %
Cholesterol 124 mg	
Sodium 216 mg	9 %
Carbohydrate 15 g	5 %
Fibre 3 g	13 %
Sugars 6 g	
Protein 30 g	
Vitamin A	36 %
Vitamin C	23 %
Calcium	7 %
Iron	10 %
Food Groups per serving	
Vegetables and Fruit 2	
Grain Products 0	
Meat and Alternatives 2	
Milk and Alternatives 0	

¹ Cornell University <https://ahdc.vet.cornell.edu/Sects/duck/foodvalue.cfm>