

Cooking Critters

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Duck Kabobs

Ingredients:

2 duck breasts (3 if widgeon size)
 ½ cup orange juice
 ¼ cup soy sauce
 ½ teaspoon ginger
 20 ounce can of pineapple chunks
 2 cups hot cooked rice
 bamboo skewers



Ready to eat. shown here served with rice, peas and red wine.

Anyone who has bagged a few ducks is familiar with how difficult they can be to make into a tasty meal. There are a couple of things I have learned about cooking duck. First off, and this applies to all game meat, is don't overcook it! I can't stress this enough. Overcooked duck is about as palatable as old boot leather. The other thing I have discovered is that sweet and duck go good together. The orange juice and pineapple in this recipe add just enough sweet to liven it up. Plucking ducks is a lot of work, so I only use the breast meat. Simply peel back the skin covering the breast and cut the breast off. The rest of the carcass can be saved for molt food.



Gathering the ingredients.



Cutting up the meat.

This recipe calls for breast meat from two ducks and feeds three or four people nicely. If you're bagging smaller ducks like widgeon or gadwall, you might need three. Of course, if the hawking has been tough and you only have one, just halve the recipe and don't invite any guests. Also, none of the quantities listed have to be measured exactly; they are simply to give you a rough idea of how much to add. Cut the breasts into one inch cubes and put in a quart size zipper lock bag. Add the orange juice, soy sauce, and ginger. Remove any air, seal the bag shut and toss it in the refrigerator. Let it marinate for at least 24 hours. If you're in a real hurry you can shorten the marinate time, but I don't recommend it. You can

lengthen the marinade time all you want, and it just gets better. I've marinated it for five days and it was quite good. Dark meat keeps a long time in the refrigerator.

Dump the meat, including all the marinade into one bowl, and the pineapple (including all the juice) into another. Alternate meat and pineapple on bamboo skewers. If you're making a large batch, invite one or two of your guest to help with this part. Be gentle with the pineapple; it comes apart easy. It also helps if you start and end each kabob with meat. If you have pineapple on the ends is frequently falls off during grilling. Combine the leftover pineapple juice and marinade to use for basting.



Alternate meat and pineapple on bamboo skewers.



Brush leftover marinade on while grilling.

G grill kabobs four to six minutes, brushing frequently with reserved marinade and pineapple juice mixture. Turn and cook another three to five minutes. Continue basting with marinade mixture. If you're basting them enough you will use most, if not all of the marinade mixture. They're done when lightly browned and the meat firms up a little. They can even have some light pink in their centers. Serve immediately with rice and any other side dishes that strike your fancy. If you overcook them the meat will be dark brown, and quite firm. If that happens, I recommend giving them to the dog and calling out for pizza.



Nicely browned and ready to serve. Don't overcook them!

This recipe also works well with other kinds of meat, such as venison, pheasant or even chicken. I don't recommend using grouse. It's not that grouse wouldn't be good in this recipe, it would. It's just that grouse is so good it should be treated more lightly, and not heavily marinated and basted as this recipe calls for. Duck, however, with its strong flavor works quite well. Enjoy.



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