

To Bake A Mallard

Country: England

Century: 16th

This mallard pie has a wonderful combination of spices, tartness, and duck meat flavor and has received rave reviews.

- 1 duck (2-3 lbs.), de-boned and cut into pieces
- 3-4 medium onions
- 1/4 cup verjuice*
- 1/4 tsp. pepper
- 1/4 tsp. salt
- 1/8 tsp. cloves
- 1/8 tsp. mace
- 1/4 tsp. thyme
- 2 Tbsp. butter
- 1 tsp. chopped parsley

Grind onions with a mortar and pestle (or in a food processor), add verjuice, and strain out the solids, reserving the liquid.

In a large bowl, mix duck, salt, pepper, cloves, mace, and the onion/verjuice liquid. Place mixture into pie crust and sprinkle with parsley and thyme. Cover with top crust and bake at 350F for about an hour, or until done (165F).

*Verjuice is a difficult item to find in most parts of the U.S. A good substitute is a cup of white wine mixed with a tablespoon of lemon juice.
