

Food



CHOCOLATE, CHERRY & ALMOND BREAD PUDDING

This pudding’s rich vanilla flavor plays perfectly with the luscious chocolate, cherries and almonds.

Servings: 8 servings
Total Time: 1 3/4 hours
Ease of Preparation: Easy
Health: Low Sodium

Ingredients:
Custard
4 large egg whites
4 large eggs
1-cup skim milk

Seasonings:
1/2-cup sugar
1-tablespoon vanilla extract
1/2-teaspoon ground cinnamon

Bread & filling:
4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 1/2 pound, 4-6 slices)
2 cups pitted cherries, fresh or frozen (thawed)
3/4-cup semisweet chocolate chips, preferably mini
1/4 cup sliced almonds, lightly toasted (see Tip)
Topping
1/4 cup sliced almonds, lightly toasted, or

ORANGE-ROASTED DUCK

The orange marmalade and soy sauce glaze accentuates the rich, gamy taste of duck. It’s an irresistible treat for company any time of year.

Servings: 4 servings
Total Time: 2 hours 20 minutes
Ease of Preparation: Moderate
Health: Low Calorie, Low Sodium, Healthy Weight

Ingredients:
Orange-Roasted Duck
1 5-pound duck
2 small oranges
1/2 cup orange marmalade
3 tablespoons reduced-sodium soy sauce, divided
3/4-cup reduced-sodium chicken broth
2 teaspoons cornstarch
1-teaspoon brown sugar

Steps:
1: Preheat oven to 350°F. Line a large roasting pan with foil.
2: Remove both wingtips at the top joint with kitchen scissors or a heavy knife; reserve wing tips. Reserve neck (discard the rest of the giblets). Trim the excess skin and fat around the neck and cavity opening. Grate 1/4 teaspoon orange zest and set aside. Cut oranges into quarters. Set aside 3 sections and place the remaining orange sections inside the duck; fold the wings under and tie the legs together with kitchen string. With a skewer or fork, prick holes in the skin without piercing the flesh. (This allows fat to drain during roasting.)
3: Whisk marmalade and 2 tablespoons soy sauce in a small bowl. Loosen the skin over the breast and thigh meat and rub about 3 tablespoons of the marmalade mixture under the skin. Place breast-side down on a rack in the prepared roasting pan.

Streusel Topping (see Tip)
Steps:
1: Preheat oven to 375°F. Coat an 11-by-7-inch glass baking dish or a 2-quart casserole with cooking spray.
2: To prepare custard: Whisk egg whites, eggs and milk in a medium bowl. Add sugar, vanilla and cinnamon: whisk to combine.
3: Toss bread, cherries, chocolate chips and 1/4-cup almonds in a large bowl. Add the custard and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
4: Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with 1/4-cup almonds (or Streusel Topping) and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

Nutrition: (Per serving)
Calories – 317
Carbohydrates – 45
Fat – 12
Saturated Fat – 4
Monounsaturated Fat – 5
Protein – 11
Cholesterol – 106
Dietary Fiber – 4
Potassium – 348
Sodium – 219
Nutrition Bonus - Magnesium (16 daily value), Fiber (15 dv).

Prepare the pudding through Step 3; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 4.

Tips: Toast sliced almonds in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. To make streusel topping: Combine 1/3 cup flour, 1/4 cup oats (preferably old-fashioned), 2 tablespoons brown sugar and 2 tablespoons canola oil in a small bowl. Spread the mixture on top of the pudding after the initial 40 to 45 minutes of baking.

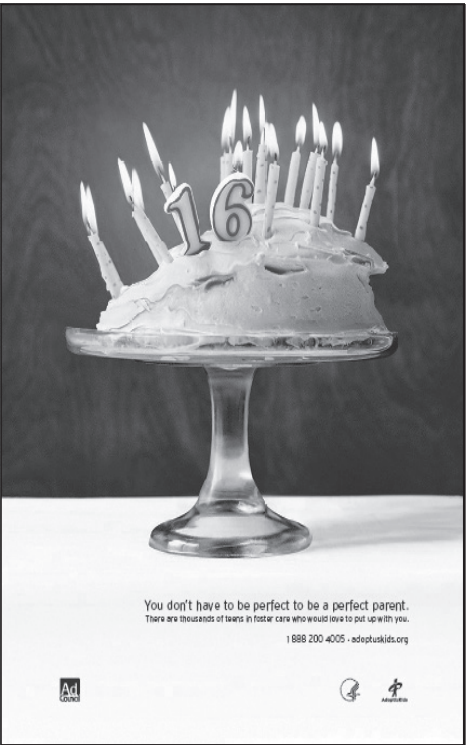
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4: Roast the duck for 1 hour. Remove the duck from the pan and carefully pour off the fat. Return the duck to the rack breast-side up. Continue roasting, basting every 15 minutes with another 2 tablespoons of the marmalade mixture, until an instant-read thermometer inserted into the thigh without touching bone registers 165°F, 1 to 1 1/4 hours more.

5: Meanwhile, place the reserved wing tips and neck in a medium saucepan, add broth and bring to a boil. Reduce heat and simmer, stirring occasionally, until the broth is reduced by half, 5 to 7 minutes. Strain and discard solids; return the broth to the pan. Squeeze the juice from the reserved orange sections into a small bowl; add cornstarch and whisk until smooth. Stir the juice mixture, reserved zest and brown sugar into the broth; cook over medium heat, stirring, until thickened, 1 to 2 minutes. Stir in the remaining 1-tablespoon soy sauce.

6: Transfer the duck to a cutting board; let rest for 15 minutes before removing the string and carving. Serve with the sauce on the side.

Nutrition: (Per serving)
Calories – 297
Carbohydrates – 31
Fat – 10
Saturated Fat – 4
Monounsaturated Fat – 3
Protein – 22
Cholesterol – 77
Dietary Fiber – 0
Potassium – 291
Sodium – 397
Nutrition Bonus - Vitamin C & Zinc (15 daily value).
Equipment: Kitchen string
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