



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: FOOD SHAMAN

IN THIS ISSUE: CULINARY CPR DUCK
BREAST

Duck Me:

A Brief Primer on The “other” Poultry



“If it looks like a duck, and quacks like a duck, we have to consider...we have a small aquatic bird of the family anatidae on our hands.”

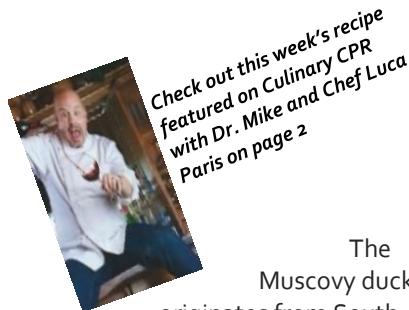
~Douglas Adams

It is estimated that the ducks were domesticated roughly 4,000 years ago. Today, there are primarily two varieties

available; Pekin and Muscovy duck (Indian Runners, Khaki Campbells, and Mule are less popular types).

Pekin (*Anas Domesticus*) was developed during the time of the Yuan (Mongol) Empire in China. The name Pekin is an anglicized corruption of Peking. Quite technically these days, Peking duck refers to the classic Chinese preparation involving using air to separate the skin from the meat, roasting until tantalizingly crispy and serving with scallions, pancakes and Hoisin sauce.

The Pekin duck is a large bird with creamy white feathers, orange feet and exhibits excellent egg production.



Check out this week's recipe featured on Culinary CPR with Dr. Mike and Chef Luca Paris on page 2

The Muscovy duck originates from South America. They are the only

domesticated duck not derived from the Mallard. In fact, Muscovy are genetically more similar to geese than ducks. These ducks have bare facies and red caruncles located around the eyes and beaks.

Duck is an excellent source of high quality protein; thereby delivering a well-balanced array of amino acids. Duck also contains copious amounts of iron, phosphorus, zinc, copper, selenium, thiamin, riboflavin, niacin, pantothenic acid, Vitamin B₆, Vitamin B₁₂, Potassium, Magnesium, Vitamin E, Vitamin A, Vitamin C and folic acid.

Unlike chicken and some other animal meats, duck contains a large proportion of monounsaturated fats like oleic acid (the main fat in olive oil) as well as a very favorable omega-3 to omega-6 polyunsaturated fat ratio.

Also unlike chicken, duck is best served in the rare to medium-rare range. This translates to a temperature of around 125 degrees F for a wonderfully, juicy, pink portion of poultry perfection!

IT'S A CODE DELICIOUS!



This week on *Code Delicious*: Chef Luca Paris shares his Maple Glazed Duck Breast. Check out the recipe



Maple Glazed Duck Breast by Chef Luca Paris

Ingredients:

- 4 duck breasts, skin on
- 1/4 cup maple syrup
- 1/2 tsp cayenne pepper
- 1 tbs brown sugar
- 1 pinch salt and

Directions:

Using a sharp knife, trim off any extra skin around the duck breasts. The skin should just cover the meat, not overhang at all. Also, slice a few slits into the skin with your knife, being careful not to cut into the meat.

Season the duck breasts with salt and pepper and place them, skin side down, in a dry, cold, large skillet. Place the skillet over medium-high heat and cook for about 5 minutes.

Starting the breasts in a cold pan will help the fat render out of the skin. Put your glaze together and reserve.

After five minutes, the skin should be starting to brown and the fat should be rendering out nicely. If it isn't browning, turn up the heat a bit. If the skin is browned, flip the breasts so they sear on the bottom side.

Cook for about 2 minutes, then flip back over to the skin side. Add breasts to a 400°F oven and bake for 4 minutes, skin side down. If your pan is oven safe, you can move it right

to the oven, otherwise transfer your duck breasts to an oven-safe dish.

Remove breasts from oven, flip them (skin side up now), and baste them with maple glaze. Let breasts rest for 5 minutes.

Slice duck thickly (1 breast should be 4-5 slices) and serve immediately.

HEALTHY BYTES BY THE NUMBERS

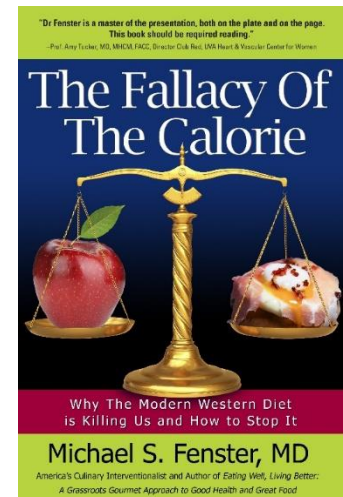
22%

The percent increase in omega-3 PUFAs in organic, pastured meat versus conventional production

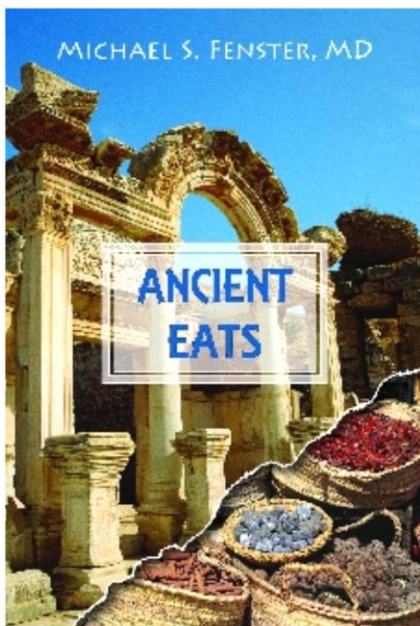
40%

The decrease in overall saturated fat in organically raised pork versus conventional

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