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The Duck Recipe Book - Tender and Flavorful Duck Cookbook: 25 Cooking Duck Delicacy

Gordon Rock

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The duck is known in China for over two millennia from the spice family of the Anatidae, and with so many different varieties of wild duck all over the world it was first domesticated in China. It took some time before the rest of the world understood they could do the same.

We always think that duck is a fat poultry and not very healthy for our body but in reality the duck is particularly low in calories and the major part of the fat is contained in the form of a homogeneous layer between the skin and the flesh. So it is very easy for those concerned about their line, to remove it. However, you will lose some taste as well as nutritional value, because this fat is rich in polyunsaturated fatty acids qualified as "good cholesterol."

Besides this energy intake quite reasonable, duck demonstrates correct rate in vitamins, in particular from the group of vitamin B, and an equivalent amount of proteins has other meats.

However, it is rich in iron, vital for the oxygenation of the body, the duck is more interesting, and superior compared to other poultry. So, if concerned with fat, just remove the skin after cooking. If you think of it, the duck is beneficial for the cardiovascular system and can be cooked without added fat, which makes duck a dietary ally.

To be different, duck meat belongs to the category of red meats and is much healthier than beef. The duck has red flesh, is tender, and extremely flavorful. Remember, to maintain its tenderness the duck must not be overcooked. It is best served when is yet slightly pink to keep its flavor and delicacy.

I am sure you will agree that to help our body function well we must regularly supply it with different nutrients and if you are like me – a real meat eater -it is essential to change the type of meat. So, instead of always eating the same meat such as beef, pork or chicken allow yourself some diversity and add duck meat to your plate. Don’t keep the duck for special occasions, put it on your menu more often and see the difference. In this duck recipe book you have some exclusive and tasty recipes. Easy and simple to follow, don’t wait and enjoy every page of it.

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