

# Braised Duck with Shallots and Grapes

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## Servings: 4

1. Salt the ducks well, inside and out. Preheat the oven to 400°F.
2. Pour the stock and red wine into the bottom of a heavy, lidded Dutch oven. Add the 2 bay leaves. Arrange the shallots, grapes and thyme in the pot, then nestle the duck(s) on top. Cover the pot and roast in the oven for 90 minutes.
3. Uncover the pot and let everything cook down. This will also crisp the skin of the ducks. This can take anywhere from 15 to 40 minutes, depending on how fat your birds were. Keep an eye on it. Remove bay leaves.
4. Cut the duck in pieces, and serve with some of the shallots and grapes, along with lots of sauce. Ideally, serve some crusty bread on the side because you're going to want to dunk the bread into the sauce/juice. It's almost good enough to drink. If you have left over juices, chill to remove the fat, then use the juices on the leftovers, or it's great to add to a poultry soup of some kind.

- 1 large duck, or 2 small ones
- salt
- 1 cup low-sodium chicken broth, or use duck stock if you have it
- 1 cup red wine
- 1 pound red grapes, on the stems
- 12 shallots, or pearl onions (may use more if desired)
- 2 bay leaves
- 1 bunch fresh thyme, on the stems

*Per Serving (excluding unknown items): 1421 Calories; 126g Fat (81.1% calories from fat); 41g Protein; 25g Carbohydrate; 1g Dietary Fiber; 241mg Cholesterol; 254mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 1 Fruit; 22 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**