

# Cooking Corner

## Transport Your Taste Buds With Duck Tacos

(NAPSA)—Some may be surprised to learn that duck and Mexican-style dishes pair well together. In fact, both domestic and wild duck have been used in Mexican cuisine for centuries.

Here's an easy, delicious dinner idea from chef Sara Moulton that uses duck as the key ingredient in tacos. This updated take on tacos can make family taco night more fun and flavorful with shredded duck meat, making it an easy way to enjoy the luxurious taste of duck any night of the week.

### Duck Tacos

*recipe by Celebrity Chef Sara Moulton*  
*Serves 6*

*For the Spice Blend:*

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon oregano,  
crumbled
- ½ teaspoon chili powder
- ¼ teaspoon salt
- ½ teaspoon cayenne

*For the Filling & Toppings:*

- 1 Maple Leaf Farms Roast Half Duck, thawed
- 1 tablespoon vegetable oil
- 3 tablespoons water
- 12 ready-to-eat regular-size taco shells, warmed according to package directions
- 1 16-ounce can refried beans (or make your own)
- Shredded iceberg lettuce or finely shredded cabbage
- Chopped tomatoes
- To taste, shredded cheddar cheese or Mexican cheese blend
- Prepared salsa
- Light sour cream (optional)

*Make the spice blend:* Add the ingredients to a bowl and stir well to combine.

*Make the fillings and toppings:* Shred enough duck meat to yield 2½ cups. Heat the oil in a non-stick skillet over medium heat. Add the duck and spice blend



**This updated take on tacos uses shredded duck to make family taco night more fun and flavorful.**

and stir to combine. Stir in the water and cook, covered, for 3 minutes, stirring frequently. Divide the filling among the taco shells. Add refried beans if you like. Top with the lettuce and tomatoes, and sprinkle with cheese. Spoon on the salsa and sour cream, if desired. Serve immediately. Note: In a pinch, substitute about 1 tablespoon of your favorite packaged chicken taco seasoning mix for the spice blend.

### Why Duck?

Farm-raised White Pekin duck has a mild flavor that adapts to a variety of cuisines and is a delicious alternative to beef and chicken. Aside from the great taste, fully cooked duck products like roast half duck from Maple Leaf Farms save time in the kitchen. It's already perfectly roasted, so if you're shy about cooking duck, pre-cooked duck products are the way to go.

"It's tasty and it's good to go. If you don't want to eat it heated, straight up, you can shred it and use it in any number of recipes—sandwiches, soups, salads, etc.," says celebrity chef Sara Moulton, host of "Sara's Weeknight Meals," which is sponsored by Maple Leaf Farms.

### Where To Get It

You may find fully cooked roast half duck in the meat case of gourmet grocery stores and retailers and online at [www.mapleleaffarms.com/roasthalfduck](http://www.mapleleaffarms.com/roasthalfduck).

### Learn More

For additional information, call (800) 348-2812.