



The
Graham Kerr
Cookbook THE
**GALLOPING
GOURMET**

Foreword by
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RIZZOLI
NEW YORK



81 Christmas Duckling

RECIPE TO PRODUCE 4 PORTIONS

Ingredients	USA	Imperial	Metric
Duckling—preferably Long Island or Brome Lake	3½ lb.	3½ lb.	1.5 kilos
<i>Stuffing*</i>			
Onion	1 small	2 oz.	60 grams
Prunes	12	12	12
Green apple	1 small	4 oz.	115 grams
Breadcrumbs	1 cup	4 oz.	115 grams
Lemon	½	½	½
Sage	¼ tsp.	¼ tsp.	1 gram
Egg	1	1	1
Butter	2 tbsp.	1 oz.	30 grams
Salt	To season	To season	To season
Black peppercorns	To season	To season	To season
Clarified butter	½ cup	4 oz.	115 grams

* See step-by-step method of preparation on page 115.

METHOD OF PREPARATION

Slice onion finely — Cube apple into ½-inch pieces — Soak prunes 10 minutes in water, then remove stones — Juice ½ lemon — Use powdered sage or 12 leaves of fresh sage — Beat eggs — Grind peppercorns finely — Dry duck thoroughly inside and out — Detach wings at last joint — Preheat oven to 350° F.

SERVING

Buttered new potatoes with herbs (pp. 237, rec. 165), green peas, and an orange salad made with fine-diced cucumbers, celery, and chopped walnuts — Peel off orange rind and pith, cut out segments—delicious! Although oranges spoil good wine, I suggest at least a reasonably full-bodied red wine.

1. Gently sauté onion in butter to soften; add to stoned prunes, apple, breadcrumbs, sage. Moisten with lemon juice and egg. Season to taste.
2. Spoon a quarter of the stuffing into the neck cavity. Place remainder into vent cavity. Pin vent together and lace up with fine string (Step 8, pgs. 113–115, rec. 78).
3. Tie bird carefully, pulling neck skin right back under middle knot.
4. Season with salt and pepper. Brush with clarified butter.
5. Place on oven shelf with roasting dish underneath. Roast 2 hours at 350° F. When cooked, remove—take out pins and string. Brush with butter and set for 20 minutes in warming oven.

*Christmas in the
Global Deep South
is summer so I
preferred to serve this
dish to celebrate Midsummers Day! ☺*

82 Roast Turkey with Parsnip Stuffing

RECIPE TO PRODUCE 8—10 PORTIONS

Ingredients	USA	Imperial	Metric
Turkey (frozen weight) (stripped weight 8 lb.)	10½ lb.	10½ lb.	15.25 kilos
Onion	1 large	10 oz.	285 grams
Parsnips	1 lb.	1 lb.	.5 kilo
Clarified butter	¼ cup	2 oz.	60 grams
Sausage meat	14 oz.	14 oz.	410 grams
Turkey liver	1	3½ oz.	100 grams
Garlic clove	1	1	1
Sesame seeds	1 level tsp.	1 level tsp.	7.5 grams
Apple	1	1	1
Lemon thyme leaves	2 tsp.	2 tsp.	6 grams
Parsley stalks	1 tbsp.	1 tbsp.	7.5 grams
Breadcrumbs	¾ cup	3 oz.	85 grams
Eggs	2	2	2
Salt and black peppercorns	To season	To season	To season
Water	1¼ cups	10 fl. oz.	285 milliliters
Bay leaves	2	2	2
Parsley	1 stalk	1 stalk	1 stalk
Bacon slices	4	4	4

METHOD OF PREPARATION

Peel and finely slice onion and parsnips — Melt butter in pan — Finely dice liver — Crush garlic — Peel and cube apple—chop thyme leaves and parsley stalks — Roughly grind peppercorns — Preheat oven 325 °F.

SERVING

Remove turkey 20 minutes before service and if you can get it into the warming oven—do so. Make gravy with liquid obtained by browning and simmering the giblets and neck in 1¼ cups water with 2 bay leaves. Serve with roast vegetables, Brussels sprouts.

COMMENT ON METHOD

*Most references suggest 4 hours for a turkey weighing “8 lb.—stripped, unstuffed.” Mine takes 3 hours.

Graduate Recipe

For Roast Wild Duck:

Cream & White Sauce see page 221.

1. Sauté onion and parsnips in butter over low heat for 15 minutes until soft. Remove.
2. Fry together sausage meat, garlic, sesame seeds, and liver for 5 minutes. Stir all the time.
3. Add to parsnips in mixing bowl. Crush together well with a potato masher. Beat to blend well; add apple, eggs, crumbs, parsley, and thyme.
4. Season inside turkey with salt. Stuff neck area only. Tie as shown on pages 114–115. Brush melted butter over flesh. Season with salt, ground peppercorns. Cover breast and top of thighs with fat bacon slices.
5. Cook for 3 hours at 325° F.* Baste occasionally during cooking, remove bacon when shrunken and crisp. If too brown, recover with water-dampened brown paper.