

Paleo "Peking" Duck and Shaved Daikon Radish Salad Recipe

The Ingredients:

- 1 whole duck, giblets reserved
- 1 red onion
- 1 tablespoon of olive oil
- Chinese five-spice powder
- pinch of sea salt
- 1 clementine
- 4 green onions/scallions
- 1/2 fresh ginger knob
- 2 cloves of garlic

Salad (1 serving):

- 1/2 of medium daikon radish
- 1 lime
- 2 red radishes
- Chopped Thai mint leaves, dill, scallions for garnish

(see Paleo or Keto Hoisin Sauce Recipes)

Instructions:

- 1.) Thaw Duck, bring up to room temp. Clean, place innards-giblets aside. Preheat oven to 350 degrees F.
- 2.) Rub all of duck with olive oil (you won't need a lot, since duck skin is high in fat), Chinese five-spice powder, and pinch of sea salt.
- 3.) Peel the onion, cut into wedges, and place in a roasting tray with a rack above, add giblets and 1/2 a cup of water.
- 4.) Halve the clementine, place in the cavity, along with ginger and garlic. Then, sit the duck directly on the rack, with the tray of onions and giblets underneath, also to catch the tasty fat.
- 5.) Roast for 2 hours, or until the duck is crispy and cooked through, turn the onions occasionally to prevent burning.
- 6.) While the duck cooks, prep Shaved Radish Salad. Peel Daikon Radish, then use peeler and make long thin shaved ribbons, slice thin red radishes, squeeze a lime, and top with chopped Thai mint, scallions and dill. Pinch of salt and black pepper to taste.
- 7.) After duck is cooked and roasted, chop into desire-sized pieces and coat pieces with Paleo/Keto Hoisin sauce.
- 8.) Take duck fat, strain and store in glass jar for other uses. YUM!

Servings 1 Whole Duck, 6 large or 10 small pieces

