

Braised Duck Legs with Shallots and Parsnips

Yield: 12 min
Total Time: 450 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-braised-duck-legs-recipe>

Ingredients:

- 12 duck legs fresh, 7 to 11 lb depending on amount of fat on legs
- 2 pounds shallots peeled and, if very large, halved
- 4 pounds parsnips peeled and cut diagonally into 1-inch-thick slices, halve large slices lengthwise
- 2 tablespoons minced garlic
- 1 1/2 tablespoons chopped fresh thyme or 1 teaspoon dried, crumbled
- 2 bay leaves Turkish, or 1 halved California bay leaf
- 2 1/2 teaspoons salt
- 1 3/4 teaspoons black pepper
- 1/4 teaspoon ground allspice
- 2 cups dry white wine
- 8 cups chicken stock homemade or store-bought, preferably not canned broth; 48 to 64 fl oz
- thyme sprigs Garnish: fresh, optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 8 grams
6. Protein: 9 grams
7. Sodium: 750 milligrams
8. Sugar: 11 grams

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