

## Serve Duck for the Holidays

LANCASTER — Looking for something different and delicious for your holiday table? Why not try a duck, a dish featured at many a royal banquet table in the past. Roasted, broiled, fried or barbecued, duck is just as tempting and tasty today.

Traditionally, duck is roasted or broiled for holiday festivities. An orange-glazed roast duckling is a gourmet delight. But you may prefer to let the duck's skin brown to a tempting crispness while you devote your energies to a fruit, oyster, or nut stuffing.

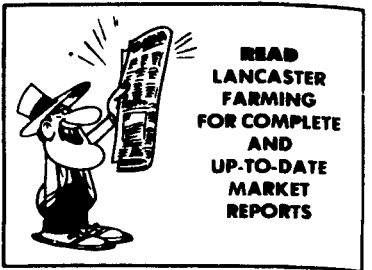
When buying duck, be sure to allow at least one-half pound per serving. The type you'll find most often when you shop is a "broiler duckling" or a "fryer duckling." This is a young duck — usually under eight weeks old — noted for its tenderness. A "roaster

duckling" is usually 16 weeks old or younger and still quite tender. In some areas ready-to-cook cut-up ducklings of both types are available in the market.

Ducks must pass a Federal in-

spection, whether they're domestic fowl or imported from Canada. So look for the USDA inspection seal to insure getting a wholesome bird, prepared under sanitary conditions. Most ducks on the market,

regardless of where they're from, are sold frozen and ready-to-cook. Be sure to thaw it, like all poultry, in the refrigerator and not at room temperature. A duck weighing from three to five pounds will take from 24 to 36 hours to thaw fully. Prepare and cook it immediately after thawing.



## Holiday Table

(Continued from Page B6)

### MINCEMEAT DELLA ROBBIA FLAN

#### Pastry:

- 1 cup all-purpose flour
- 3 tablespoons sugar
- 5 tablespoons cold butter
- 4 tablespoons lemon juice

#### Filling:

- 1 cup prepared mincemeat
- 1/4 cup chopped pecans
- 18 oz. package cream cheese
- 1/3 cup granulated sugar
- 3 eggs
- 1/3 cup dairy sour cream
- 1 teaspoon vanilla extract
- 1/2 teaspoon brandy extract
- 2/3 cup dairy sour cream
- 1 tablespoon confectioners sugar
- candied fruit

Preheat oven to 350 degrees. For pastry, combine flour and sugar in a large mixing bowl. Cut in butter until mixture resembles coarse crumbs. Sprinkle lemon juice over flour mixture, one tablespoon at a time, mixing lightly with fork after each addition. Gather up dough with fingers; shape into a ball. Roll into a circle that is 12 inches in diameter on a well floured board.

Fit into a 10-inch flan pan. Prick with a fork; bake 10 to 12 minutes or until lightly browned. Cool. For filling, combine mincemeat and pecans. Spread evenly over the bottom of cooled crust. Beat cream cheese in a small mixing bowl at a low speed until light and fluffy. Add 1/3 cup granulated sugar and continue beating until mixture is smooth. Add eggs, one at a time, beating well after each addition. Add 1/3 cup sour cream, vanilla and brandy extracts; beat until smooth. Place flan pan on oven rack; pour cream cheese mixture into pan. Bake in 350-degree oven for 30 to 35 minutes or until a knife inserted near center comes out clean. Mix 2/3 cup sour cream and one tablespoon confectioners sugar; spread over baked filling. Cool. Decorate with candied fruit in the shape of a wreath. Chill 2 to 3 hours before serving.

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Patti Hudson, the Gingerbread Lady, will be at the Smithsonian Institute December '83 and February '84.



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