



# ***Flying Inspiration***

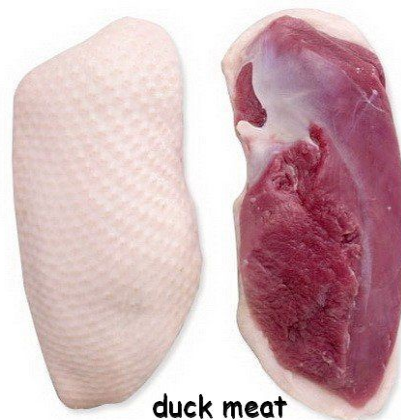
*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Duck with red cabbage**

**Suggestions:** a very nutritious and tasty dish perfect for winter as it is full of proteins, minerals like zinc, iron and selenium, vitamins like vitamin B5, B12 and A. It is also a good Christmas dish and an alternative to the traditional turkey.

### **Instructions**



duck meat

Put in an oven dish a duck crown, legs or breast with a tiny bit of extra virgin olive oil just to prevent it to stick to the dish at the beginning.



Cover the duck with chopped onions, garlic, ginger and fresh chillies in the quantity you like. Put the duck in the hot oven covered with another dish so it won't burn and it will cook thoroughly.

bay leaves



cider



After a while add some finely chopped red cabbage to cover the duck, add some bay leaves and pour some cider in the dish, so that it will not stick and let it cook at medium heat for at least half an hour/hour.



balsamic vinegar



Check the duck regularly so that it is cooked the way you like it.  
Towards the end add some tamari and then few minutes before switching the oven off add some balsamic vinegar according to your taste.  
Serve the duck whole or slice it with the sauce made by the vegetables and juice.



If you like this recipe, I would like to read your comments!  
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