

Duck and Sausage Gumbo with Wild Pecan® rice:

2 large wild ducks (such as mallard), or 6 small wild ducks (such as teal),
or 1 (5-pound) domestic duck, or 1 (3-pound) chicken
2 teaspoons salt
½ teaspoon ground black pepper
½ teaspoon ground cayenne pepper
1 cup vegetable oil, divided
¾ cup all-purpose flour
1 large onion, chopped
1 large bell pepper, chopped
1 stalk celery, chopped
3 large cloves garlic, minced
8 cups water
1 pound andouille or other smoked sausage,
cut into ½-inch slices
¼ cup chopped green onion
¼ cup chopped parsley
1 (7-ounce) box KONRIKO® Wild Pecan® aromatic rice,
cooked according to package directions

Cut up duck into serving-size pieces; trim off excess fat and skin. In a small bowl combine salt and pepper; sprinkle about 2 teaspoons over duck. Heat ¼ cup of the oil in a large skillet over medium heat; add duck and cook until brown on all sides, about 15 minutes. Set aside.

In a large, heavy saucepan or Dutch oven, combine remaining ¾ cup oil and the flour; mix well and cook over medium heat until roux turns the color of peanut butter, about 10 minutes, stirring constantly. Add onion and cook 5 minutes, stirring often. Stir in bell pepper, celery, and garlic and cook 6 to 8 minutes longer or until vegetables are tender.

Stir in water and bring to a boil; add duck and remaining seasoning. Reduce heat to low, cover, and simmer until duck is tender, about 1 to 1 ½ hours, depending on age of duck, adding additional water if needed. Add sausage and cook 15 minutes longer. Skim fat off surface. Stir in green onion and parsley and check seasoning. Remove meat from bones, if desired. Serve in bowls with Wild Pecan® rice.