



Duck, Orange and Cranberry Turnovers

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

SERVINGS : **10 PIECES**

PREPARATION: **30 MINUTES**

REFRIGERATION: **3 HRS**

TRADITIONAL COOKING : **40 MINUTES**

HYPOTOXIC COOKING: **2 HRS**

INGREDIENTS

- Recipe [Coconut oil pie crust](#)
- 120 g (1/2 cup) chicken stock
- 60 g (1/4 cup) freshly squeezed orange juice
- 60g (1/4 cup) sherry
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) balsamic vinegar
- 150 g [fondue-ready duck](#)
- 15 ml (1 tbsp) olive oil
- 1 small red onion, finely chopped (about 65 g)
- 110 g (1 1/4 cups) leeks, chopped
- 60 ml (4 tbsp) all-purpose flour "[La Merveilleuse](#)"
- 1 ml (1/4 tsp) salt
- Pepper, to taste
- 0.5 ml (1/8 tsp) ground cinnamon
- 1 pinch ground cloves
- 2.5 ml (1/2 tsp) organic orange zest
- 35 g (1/4 cup) dried cranberries
- 1 egg, beaten, for the wash

PREPARATION

1. In a small saucepan, combine chicken broth, orange juice, sherry, maple syrup and balsamic vinegar. Bring to a boil, add duck, cover and simmer over low heat for 5 minutes or until duck is cooked. Drain the broth with a sieve over a bowl to separate the broth from the meat. Cut the meat into thin strips. Set aside.
2. In a medium saucepan, heat oil and fry onion and leeks over medium-low heat for 5 minutes over medium-low heat. Remove from heat and add flour, stirring with a wooden spoon.
3. Then add the filtered broth, stirring with a whisk, to avoid lumps. Add salt, pepper, cinnamon, cloves and orange zest and return to heat. Whisk the mixture to a boil over medium heat and cook until the sauce thickens.
Add duck and cranberries and mix well. Allow to cool to room



A stunning duck starter... and gluten-free!

temperature and cool completely in the refrigerator in an airtight container.

Turnovers:

1. **Traditional cooking:** Preheat the oven to 350° F (180° C).
Hypotoxic cooking: preheat the oven to 230° F(110° C). Line a baking sheet with parchment paper.
2. Roll the pie crust dough 5 mm (1/4 inch) thick and cut 10 squares of 12.5 cm x 12.5 cm (5" x 5"). Brush the edges of each square with the beaten egg.
3. Place about 65 ml (1/4 cup) of the mixture in the centre of each square. Close the turnovers. Brush the top of the turnovers with the beaten egg and place a cut-out shape in the centre (I like to put a star on it).
4. Place the turnovers on the baking sheet and bake on the centre rack according to the time mentioned above for the chosen cooking method.