

# Power Packed Poultry



In early December, a friend of mine had become overwhelmed with the amount of eggs her new ducks were laying. She was looking for someone to take them, and I was more than happy to oblige.

One thing most my friends and family know about me is that I am almost always eager to explore uncharted culinary territory. Last week, it was rutabaga. Love it! A short while ago, I was surprised at a restaurant when they served sun chokes. Yum!

## What new foods have you tried lately?

So I was thrilled to come home with some duck eggs. It is at this point that the teacher geek in me pokes out and wonders what makes duck eggs so special.

They are slightly larger than a chicken egg, but did you know that they have 50% more protein, 6 times more Vitamin D, and twice as much Vitamins A and K. They also have twice as much fat and 3 times as much cholesterol. Quite the power packed poultry!



Duck Egg on the Right  
Compared to Chicken  
Egg

Now I think the most exciting part of exploring new foods is deciding what you want to make with them. Just before Christmas 2015, I stumbled upon some persimmon and as a result found the most **amazing** recipe for steamed pudding to use them in.

If you were me, what would you do with the eggs? Have you ever had them before?

## **My boys love quiche.**

Probably because we eat it quite regularly, and they are filled with cheese. There are lots of flavors going on, especially if you add ham or bacon.



So I figured it would be a great recipe to try this new food in. Since the eggs were larger, I only added 3 duck eggs into the recipe that called for 4 chicken eggs. That seemed to work just fine. The quiche came out perfect and everyone loved it. Yay!

Another culinary adventure explored! See now, that wasn't so

bad, was it?