

Duck Recipes For The Zombie Apocalypse: Delicious Survival Meals for the End Times

The zombie apocalypse has long been a popular theme in movies, TV shows, and books. In this post-apocalyptic scenario, where undead creatures roam the earth in search of human flesh, survival becomes the ultimate goal for the remaining humans. And what better way to survive than by foraging nature's offerings and creating delicious and nourishing meals?

When it comes to finding food during the zombie apocalypse, duck can be a surprisingly valuable resource. These water-dwelling birds are abundant in many regions and can provide a substantial amount of meat, fat, and nutrition. In this article, we will explore some of the most mouth-watering duck recipes to help you stay well-fed and satisfied during this dire time.

Duck and Root Vegetable Stew

A hearty stew is a perfect choice for a post-apocalyptic meal. It warms the body and soul while providing much-needed sustenance. This duck and root vegetable stew is easy to make and incredibly flavorful.



Duck Recipes for the Zombie Apocalypse: Wild Duck Recipes for the End of Days (Cooking Through the Zombie Apocalypse Book 5)

by Laura Sommers (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 1418 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 77 pages
Lending : Enabled



To start, gather the following ingredients:

- 1 duck, skinned and cut into pieces
- 3-4 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 onion, diced
- 4 cloves of garlic, minced
- 2 potatoes, peeled and diced
- 2 cups of chicken broth
- 1 tablespoon of thyme
- Salt and pepper to taste

Instructions:

1. Heat a large pot over a campfire or other heat source.
2. Add the duck pieces and cook until browned on all sides.
3. Remove the duck from the pot and set aside.
4. In the same pot, add the onions and garlic. Sauté until translucent.
5. Add the carrots, parsnips, and potatoes. Cook for a few minutes.

6. Return the duck to the pot and pour in the chicken broth.
7. Add thyme, salt, and pepper.
8. Bring the stew to a simmer and cover the pot.
9. Let it cook for 1-2 hours until the duck is tender and the vegetables are cooked through.
10. Season with additional salt and pepper if needed.
11. Serve hot and enjoy the flavors of survival!

Roasted Duck with Wild Berry Glaze

If you happen to stumble upon a patch of wild berries during your apocalyptic journey, consider making this mouth-watering roasted duck with wild berry glaze. The combination of savory duck meat and tangy-sweet glaze will surely satisfy your taste buds.

Ingredients:

- 1 whole duck
- 2 cups of mixed wild berries (such as raspberries, blackberries, and blueberries)
- 1/4 cup of honey
- 2 tablespoons of balsamic vinegar
- 1 tablespoon of olive oil
- Salt and pepper to taste

Instructions:

1. Preheat your makeshift oven to 350°F (180°C), if possible.
2. Clean the duck thoroughly, removing any remaining feathers or entrails.
3. Pat the duck dry with a paper towel.
4. Sprinkle salt and pepper all over the duck, including the cavity.
5. In a small saucepan, combine the wild berries, honey, balsamic vinegar, and olive oil.
6. Place the saucepan over a fire or any heat source and cook until the berries break down and form a thick glaze.
7. Meanwhile, place the duck on a roasting rack or a makeshift rack such as a grill grate set over rocks.
8. Roast the duck for approximately 2-3 hours or until the skin is golden and crispy, and the internal temperature reaches 165°F (74°C).
9. During the last 30 minutes of roasting, brush the duck with the wild berry glaze every 10 minutes.
10. Remove the duck from the oven and let it rest for 10 minutes before carving.
11. Serve the roasted duck with any remaining glaze and enjoy a taste of survival excellence!

Duck and Mushroom Risotto

Who says survival food can't be fancy? This duck and mushroom risotto combines the tenderness of duck meat with the earthy flavors of mushrooms, resulting in a dish fit for the finest of occasions.

Ingredients:

- 1 duck breast, skin-on
- 1 cup of Arborio rice
- 4 cups of chicken or vegetable broth
- 1 cup of mixed mushrooms, sliced
- 1 onion, finely chopped
- 3 cloves of garlic, minced
- 1/4 cup of white wine (optional)
- 2 tablespoons of butter
- 1 tablespoon of olive oil
- 1/4 cup of grated Parmesan cheese
- Salt and pepper to taste

Instructions:

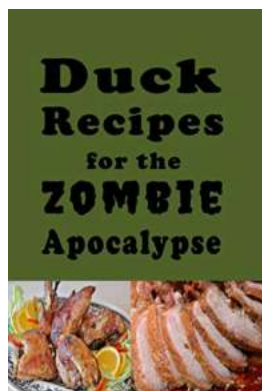
1. Heat the olive oil and butter in a large skillet or pot.
2. Sear the duck breast on both sides until the skin is crispy and browned. Set aside to rest.
3. In the same skillet, add the onions and garlic. Sauté until translucent.
4. Add the mushrooms and cook until they release their moisture.
5. Add the Arborio rice to the skillet and toast it for a minute or two.
6. If using, pour in the white wine and stir until it evaporates.
7. Gradually add the chicken or vegetable broth, one ladle at a time, stirring frequently until absorbed. Repeat until the rice is al dente.

8. While the risotto is cooking, slice the duck breast into thin strips.
9. Once the risotto is done, add the sliced duck breast and Parmesan cheese. Stir until well combined.
10. Season with salt and pepper to taste.
11. Let the risotto rest for a few minutes before serving.
12. Garnish with extra Parmesan and enjoy this delectable dish, even in the midst of a zombie apocalypse!

In

While the zombie apocalypse may seem like a terrifying and overwhelming situation, it's essential to find joy and satisfaction amidst the chaos. These duck recipes offer a glimpse of culinary delight even in the most dire circumstances. Remember, survival doesn't have to mean sacrificing flavor!

As you embark on your journey through the post-apocalyptic world, keep an eye out for nature's bounties, adapt and experiment with whatever ingredients you find, and most importantly, savor every bite. Who knows, perhaps these duck recipes could become the staple meals of a new era.



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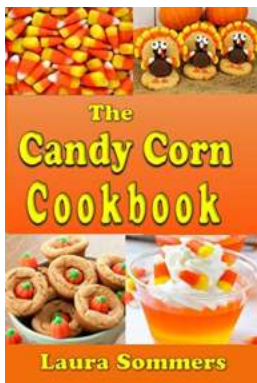
Zombie Apocalypse Cookbook 5

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When the end of days are upon us, our stockpiles of food may not be enough. Gardens and foraging may sustain some, but many people need meat to not just survive, but to thrive during the zombie apocalypse.

Many will turn to hunting and what food source is plentiful and tasty, but wild duck meat. Ducks are plentiful and breed quickly. Even if you aren't a hunter, they can be bred and raised for food.

Many preppers, hunters and survivalists turn to duck as a means for sustainable living. This cookbook explores the many ways that preppers can prepare their catch while they live out the zombie apocalypse.



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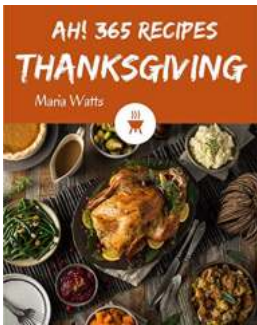
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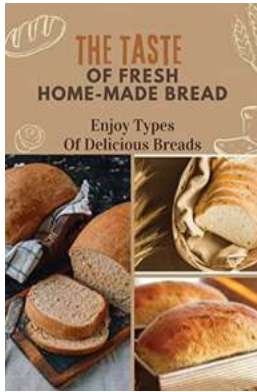
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