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STAFF PHOTO/SJOERD WITTEVEEN

Patricia Thompson, sales manager at King Cole Ducks Ltd. in Whitchurch-Stouffville, at the Warden Avenue plant, west of Ballantrae.

Duck feet, tongues are delicacies

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slow cooked, grilled, vacuum-packed duck as an alternative to traditional kitchen and barbecue fare.

Sales figures are a family secret, but Ms Thompson said the company has enjoyed steady food service and trade sales. You can buy ducks from the Warden Avenue farm and at its Queensville store. Popular with Quebecers and Asian-Canadians, the company is looking to make duck mainstream for all.

To that end, King Cole is ramping up awareness and convenience, offering fresh, frozen and cooked duck along with recipes and nutritional insight.

"Because it's a water fowl, ducks have a jacket of fat," Ms Thompson explained. "That actually allows the duck to baste itself and leaves lean, tender meat."

Duckling, the company's literature claims, sits atop the highest echelon of prestige proteins, alongside lobster, lamb and black Angus beef.

Local grocers' shelves will have prepared duck entrees this summer, she said.

Every part of the duck, including feet and tongues, is processed as a delicacy. Manure is processed for garden centres and feathers are shipped to duvet and

pillow manufacturers.

For information, call 1-800-363-3825 or visit www.kingcoleducks.com

Just ducky, Daffy

Think you're up on your duck trivia, fans of all things webbed:

- The most popular commercial duck breed in North America is a Pekin. This breed of domesticated duck is used primarily for egg and meat production.
- Bred from the Mallard in China, nine ducks were first imported to the United States in 1873.
- Male Pekin ducks, known as drakes, do not quack.
- It is widely believed Donald Duck is modeled after a Pekin duck.
- The mascot of the Aflac insurance company is a Pekin duck.

Duck nutrition

Approximately six ounces, or 174 grams, of Pekin meat, based on meat taken from the leg, contains:

- Calories: 310
- Total fat: 10g
- Cholesterol: 183mg
- Carbohydrates: 0
- Protein: 51g

• White Pekin meat is also a good source of iron, niacin (B4) and selenium. A boneless, skinless duck breast has about 40 per cent less fat than boneless, skinless chicken breast.

Sources: Culver Duck Farms nutritional comparison table, www.liveducks.com

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For Information call:

Dr. Brandy Rowley ND.

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