

Duck

A Game-Changing Protein

Nutrient-dense and delicious, duck can help build strength, increase endurance, and speed recovery after workouts.



High-Quality Protein

Duck is an exceptional source of high-quality protein, which is key for building and repairing muscles after intense activity. Duck delivers all the essential amino acids you need to recover faster and maintain peak performance.



Iron-Rich Energy Boost

Iron supports oxygen transport in the blood and enhances endurance. Duck is a natural source of heme iron, the most easily absorbed form, helping people who exercise stay energized and perform at their best.



B Vitamins for Brain and Body

Duck is packed with B vitamins, including B6 and B12, which play key roles in energy metabolism and red blood cell production.



Clean and Natural

Duck raised humanely and additive-free under veterinary supervision ensures a clean, high-quality protein source. People who exercise can fuel their bodies confidently with a protein that supports health and sustainability.



Healthy Fats for Sustained Energy

Unlike some proteins, duck provides a balance of unsaturated fats that help regulate hormones and provide long-lasting energy.



Anti-Inflammatory Omega-3s

Duck fat contains omega-3 fatty acids, which have anti-inflammatory properties to help reduce soreness, improve joint health, and speed up recovery.



Recipe Versatility

From lean duck breast to tender duck confit, duck can be prepared in countless ways to suit anyone's taste. Grill it, roast it, or pair it with sides like quinoa and roasted vegetables for a nutritionally complete meal.

Add Duck to Your Diet

Whether building strength, increasing endurance, or speeding up recovery, duck delivers the nutrition that fitness enthusiasts need to succeed – put this amazing protein on your menu today!



Duck Recipe Playbook

Duck is an athletic performance superfood with great recipe versatility – here are some duck preparation basics to get you started:



Whole Duck

Jurgielewicz ducks are raised free roaming under strict veterinarian supervision and fed a corn and soybean diet. Each duck is USDA-inspected and graded to ensure a high quality protein source with a balance of unsaturated fats for fast recovery and long-lasting energy. Raised hormone-free with no artificial ingredients, our whole ducks are individually packed with giblets and neck and arrive ready to cook.

1. Thaw duck breast in refrigerator.
2. Score skin with a knife in a diamond pattern, trim excess skin if desired (be sure not to puncture the meat).
3. Season both sides of the duck breast with salt and pepper.
4. Place skin side down on a cold pan
(*Pro Tip: heat duck breast with the pan*).
5. Cook skin side down on medium heat for 16–18 minutes.
6. Flip and cook meat side down for 2 minutes.
7. Put on a cutting board and let rest for 7–10 minutes.
8. Slice, serve and [#eatmoreduck](#)

Duck Breasts

Jurgielewicz boneless Duck Breasts are hand-cut by our butchers and are the meatiest part of the duck. Duck breasts are a great alternative entree to steak, chicken or lamb, and a great way for athletes to get the heme iron and B vitamins they need to stay energized and alert. Fresh from our farm to your team table, Jurgielewicz duck breasts can be pan-seared, broiled or baked.

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Duck Legs

Jurgielewicz duck legs are cut by our butchers and packed in airtight vacuum-sealed bags to ensure the highest quality. These duck legs arrive “whole, with the leg and thigh attached and excess fat trimmed. Along with unmatched flavor, our duck legs are loaded with the essential amino acids and omega-3 fatty acids that athletes need. Perfect for team meals, Jurgielewicz duck legs can be prepared in several different ways from confit to smoking.

1. Thaw in refrigerator and then pat dry the duck legs.
2. Season the duck legs with salt and pepper.
3. Place the duck legs in a casserole dish (do not overlap) and add a small amount of rendered duck fat or cooking oil to dish.
4. Turn oven to 300°F and place the casserole dish with duck legs into the oven (*Pro Tip: no need to preheat, let the duck legs warm in the oven*).
5. Cook at 300°F for 90–120 minutes, then increase temperature to 400°F for another 10–15 minutes or until the legs are a golden brown.
6. For crispier duck legs, remove from the casserole dish and place on a baking pan and broil until crispy and golden brown.
7. Remove from the oven, strain fat, and let legs sit for 10–15 minutes.
8. Slice, serve and [#eatmoreduck](#)

READY TO EAT

Duck Sticks

In between prepared meals, Jurgielewicz duck sticks give your athletes the perfect ready-to-eat snack. Made with 100% Duck that's 100% Tasty, each 1 oz. stick contains 5g of protein plus hearty, robust flavors high in iron and other essential nutrients.