

# DATA SHEET

## **DUCK AND ORANGE RAGOUT**

### **INGREDIENTS:**

TOMATO PULP  
DUCK MEAT 35%  
RED ONIONS  
100% ITALIAN OIL EXTRA VIRGIN OLIVE OIL  
WHITE WINE  
**CELERY**  
ORANGE 5%  
PARSLEY  
SALT  
BLACK PEPPER

### **COOKING PROCEDURE:**

WE FRY THE VEGETABLES (ONION, CELERY AND PARSLEY) WITH EXTRA VIRGIN OLIVE OIL FOR ABOUT 2 HOURS, ADD MINCED MEAT, WINE AND BOIL FOR AN HOUR. THEN ADD THE TOMATO, PEPPER, SALT, ORANGE AND COOK FOR ANOTHER 2 HOURS THEN WE PUT THE RAGOUT IN JARS AND STERILIZE IN AN AUTOCLAVE.  
SHELF LIFE 24 MONTHS.  
IT DOES NOT CONTAIN PRESERVATIVES OR COLOURINGS

**THE HIGHLIGHTS INGREDIENTS CAN CAUSE ALLERGIES AND INTOLERANCES**

**MAY CONTAIN TRACES: FISH, MILK.**

Nutritional value per 100 g of product: Energy 517 kj (124 kcal)  
Fat 8.6 g (of which saturated fatty acids 2.2 g) - Carbohydrates 3.2 g  
(of which sugars 3.2 g) - Protein 8.5 g - Salt 0.87 g