

# ROAST DUCK

## INGREDIENTS

- ✦ 1 whole duck
- ✦ 1 orange halved
- ✦ 1 tablespoon salt
- ✦ Pinch black pepper
- ✦ Two tablespoons olive oil.



## METHOD

- ✦ Preheat your oven to 165 degrees Celsius.
- ✦ Remove from plastic & be sure to check the cavity of the bird, most shop bought ducks have the gizzards placed inside the cavity. Remove & discard as there is no use for them in the recipe.
- ✦ Place the bird on a stable cutting board & with the breast side facing upwards. We want to trim off any excess skin-which would be from the neck end. Trim any excess off, & keep as this will be used for roasting.
- ✦ Take your salt & pepper & rub the whole duck-trying to cover as much of the duck as you can; the top, underside, under the wings, legs & even on the inside of the duck.
- ✦ Get an oven proof dish large enough for the duck to fit in & rub the bottom with the olive oil. Place the excess fat in the centre of the tray & the duck on top of the fat. Use the juice from the other half of the orange & squeeze over the duck.
- ✦ Cover with silver foil, making sure that the foil does not tear. Carefully place the duck in the oven.
- ✦ The duck should take two to three hours to roast in the oven. You will know it is cooked when the leg pulls away from the body without using much force.
- ✦ At the point where the duck is cooked turn the heat of the oven up to 180 degrees Celsius & leave the duck in for five minutes to allow it to really crisp up & take on a nice gold colour.
- ✦ If you do not want to serve the duck straight away I suggest you leave the last step where the duck gets roasted at a higher temperature for when you want to reheat & crispen the duck up-though you do stand the risk of drying it out.
- ✦ This dish goes well with creamy mashed potatoes, garlic roast potatoes & sauces like black cherry & fennel, classic orange sauce or even a pepper sauce with green peppercorns & brandy.