

ROAST DUCKLING

DUCKLING 2.5 KGS, SERVES 4 PEOPLE

PREHEAT OVEN TO 180°C/350°F/GAS 6
PLACE DUCKLING APPROX 2.5 KG IN A PYREX BOWL.
PRICK SKIN ALL OVER AND POUR BOILING WATER OVER TO HELP CRISP IT.
SEASON DUCKLING WITH SALT AND PEPPER.
DRAIN OFF EXCESS FAT AND KEEP FOR ROAST POTATOES
COOK FOR APPROX 2 HRS. CHECKING TO MAKE SURE JUICES ARE CLEAR
OPTIONAL: STUFF WITH BREAD STUFFING SEASONED TO ONE'S TASTE
LEAVE TO COOL FOR 10 MINS BEFORE CARVING.
SERVE WITH PIPED MASH, RED CABBAGE AND A SPOON OF BLACKBERRIES
ON THE SIDE.
SERVE WITH SAUCE OR GRAVY OF CHOICE

DUCK BREAST

2 DUCK BREASTS - 300G (150G PER PERSON), 1 TEASPOON OF MIXED
HERBS, ½ TEASPOON OF CAYENNE PEPPER, SALT

SCORE THE SKIN OF EACH DUCK BREAST IN A CROSSHATCH PATTERN WITH
A SHARP KNIFE AND SPRINKLE BOTH SIDES OF THE DUCK WITH SALT TO
TASTE.
HEAT A PAN WITH OIL AND WHEN VERY HOT COOK THE DUCK BREAST
SKIN SIDE DOWN FOR AROUND 5 MINUTES UNTIL THE FAT HAS BEEN
REDUCED TO A THIN CRISP. (WHILE COOKING KEEP POURING THE FAT OUT
OF THE PAN).
TURN THE DUCK AND COOK IT FOR 5 MINUTES MORE, RUB MIXED HERBS
AND CAYENNE PEPPER ON FAT SIDE AND THEN TRANSFER TO A PRE HEATED
OVEN 200C AND ROAST THE DUCK FOR 10 TO 15 MINUTES LONGER IF YOU
DON'T WANT IT PINK.
WHEN THE DUCK IS COOKED TRANSFER TO A CHOPPING BOARD AND LET
IT COOL FOR A MINUTE. CUT THE DUCK DIAGONALLY INTO 6 THICK PIECES
(3 PIECES PER PORTION) OR 12 THIN SLICES (6 PIECES PER PORTION).
SERVE WITH PIPED MASH, BRAISED RED CABBAGE AND A SPOON OF
BLACKBERRIES ON THE SIDE.

PERFECT ROAST POTATOES

(SERVES 2)

400G POTATOES, SEA SALT, 100G SKEAGHANORE DUCK FAT

PREHEAT OVEN TO 200C
PEEL THE POTATOES
DRAIN POTATOES OF EXCESS WATER
HEAT THE DUCK FAT IN A BAKING TRAY, ADD POTATOES TO THE TRAY AND
ROAST, TURNING OCCASIONALLY, FOR 50-60 MINS.
SEASON WITH SALT AND SERVE IMMEDIATELY

ORANGE SAUCE

100G SUGAR, ZEST OF TWO ORANGES UN-WAXED,
250ML ORANGE JUICE, 75G BUTTER, 1 ORANGE UN-WAXED UNPEELED
AND FINELY SLICED, SALT AND FRESHLY GROUND BLACK PEPPER,
TOTAL 3 ORANGES, POSSIBLY 4 (YOU CAN SUBSTITUTE OTHER FRUIT IF
YOU DON'T LIKE ORANGE SAUCE)

PUT THE SUGAR INTO A MEDIUM HEAVY BASED SAUCEPAN AND ADD 2
TABLESPOONS WATER. HEAT IT SLOWLY TURNING THE PAN BUT NOT
STIRRING WITH A SPOON (OTHERWISE CRYSTALS THEN LUMPS WILL FORM)
UNTIL IT BECOMES A SYRUP.
LET THIS BUBBLE FOR ABOUT 2 MINUTES UNTIL IT STARTS TO CARAMELISE.
WHEN IT IS A DARK GOLDEN COLOUR TAKE IT OFF THE HEAT AND GENTLY
ADD THE DUCK COOKING JUICES THE ORANGE ZEST AND JUICE.
BE CAREFUL THE CARAMEL DOESN'T SPIT AND BURN YOU.
PUT THE PAN BACK ON THE HEAT AND SIMMER FOR ABOUT 15 MINUTES
TO REDUCE THE SAUCE THEN SEASON WITH SALT AND PEPPER. WHISK THE
BUTTER INTO THE SAUCE ADD THE ORANGE
SLICES AND THEN HEAT THROUGH.