



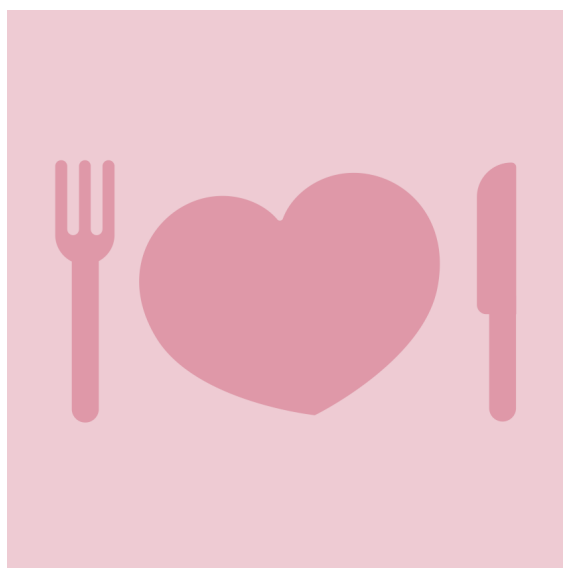
BUTTERFLIED DUCK WITH PERI PERI SAUCE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 1 hour



INGREDIENTS

Peri Peri

1 small red onion, quartered

2 chillies

2 cloves garlic

½ red capsicum

1 tsp. smoked paprika

½ tsp. dried oregano

1 ½ tbs. red wine vinegar

Juice and zest of 1 lemon

¼ cup extra virgin olive oil

1 tsp. brown sugar

Pinch of salt

1 Luv-a-Duck Whole Duck

METHOD

1. Preheat the oven to 190°C.
2. For the marinade place all the ingredients into a blender and blitz until smooth.
3. To prepare the Duck, cut down each side of the backbone with a pair of poultry shears ensuring to also remove the parson's nose and neck. Press down on Duck to flatten out.
4. Pour 1/2 of the marinade over the Duck and coat well. Turn over and repeat with the remaining marinade. Now place in a baking dish and cook for 40 minutes, cover with foil half way through cooking.
5. Allow the duck to rest for 15-20 minutes before cutting into 4 and serving.