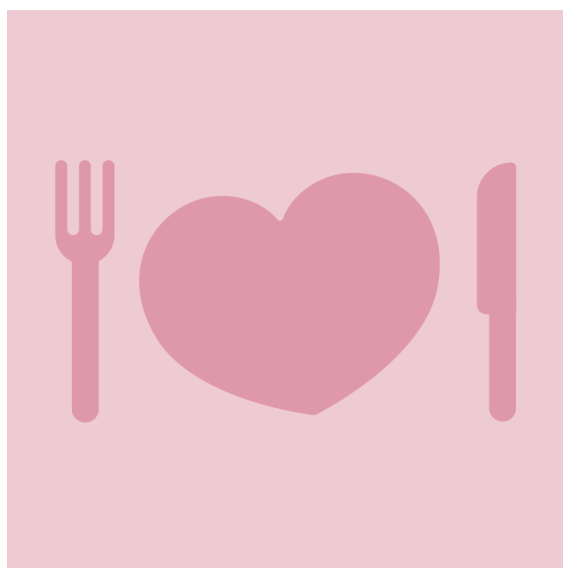




CHILLI & GARLIC ROASTED DUCK WITH CARAMALISED VEGETABLES

Difficulty: Easy



INGREDIENTS

1 Luv-a-Duck Whole Duck
1 bulb garlic, skin left on,
separated into cloves
3 tablespoons bitton chilli oil
1 large red onion cut into
quarters
600g root vegetables of your
choice, peeled and cut into 5cm
chunks
1 sprig each of thyme, rosemary,
parsley, sage, leaves only

METHOD

1. Preheat oven to 200C
2. Pat the duck dry with paper towels.
3. Place all the garlic cloves into the cavity of the duck.
4. Rub 2 tablespoons of the chilli oil over the skin.
5. Season well with salt.
6. Place a large deep, non-stick roasting dish over a medium to high heat.
7. Add 1 tablespoon of chilli oil, heat until just smoking.
8. Add the duck and seal well on all sides for approximately 40 minutes per kilo.
9. Work on the basis of sealing for 5 minutes on each side, then 5 minutes on the breast side and another 5 minutes on the back side.
10. Remove from pan and remove most of the fat that has been rendered out.
11. Add the onion, vegetables and herbs to the baking dish.
12. Place the duck, skin side up on top of the vegetables.
13. Cook for a further 45 minutes until the skin is crisp and the juices run clear in the duck.