



FESTIVE DUCK WITH RASPBERRY AND THYME SERVED WITH POMEGRANATE SAUCE

Difficulty: Easy

Serves: 4-6

Prep: 25 minutes

Cooking: 40 minutes per kg



INGREDIENTS

1 Whole Luv-a-Duck, Duck
1 tblsp flaked Sea Salt
3 sprigs thyme, leaves removed
4 fresh raspberries
1 tsp oil
Cracked black pepper

Sauce

1 cup Luv-a-Duck, Duck Stock
1 cup pomegranate juice
2 tblsp vincotto
¼ cup fresh raspberries
2 tsp cornflour
1 tblsp water

Garnish

1 pomegranate, seeds removed
½ cup fresh raspberries

METHOD

1. Preheat oven to 190°C
2. Rinse duck well under running water. Drain well and pat completely dry inside and out. Place duck on the roasting rack.
3. Combine the flaked salt, thyme leaves, raspberries, oil and black pepper in a bowl and using the back of a wooden spoon combine the ingredients well.
4. Rub the salt mixture evenly over the prepared duck.
5. Place the roasting rack in the pan and roast the duck in the pre-heated oven 190c for 40 minutes per kg. Until the duck is golden and juices run clear when tested. Remove duck from oven and allow to rest 10 -15 minutes.

Sauce

Place the duck stock, pomegranate juice, vincotto and fresh raspberries into a medium saucepan and heat over a medium heat 3-4 minutes. Stir in the combined cornflour and water and heat stirring until liquid boils and thickens.

To Serve

Sprinkle the half pomegranate seeds on the base of a large serving platter, place the roasted duck in the centre and garnish with the remaining seeds and raspberries. Serve hot with traditional roasted vegetables and raspberry and pomegranate sauce.

As seen on [Recipe Yum](#) website.

CHEF'S TIPS

If your busy during the festive season cook duck prior and re-heat in a hot oven 200°C for 20-30 minutes this will warm the duck through and re-crisp the skin.

If pomegranates are not available replace them with cranberries, cherries or blueberries.