



# ROAST SPICED DUCK WITH PLUMS

**Difficulty:** Easy

**Serves:** 4

**Prep:** 10 mins

**Cooking:** 2 hrs



## INGREDIENTS

1 Luv-a-Duck Whole Duck  
(around 2kg)  
1/4 cup Coconut sugar  
2 tsp mixed spice  
1 tsp cumin  
1/2 tsp Salt  
3 bay leaves  
8 plums, halved  
3 tbs red wine vinegar  
1/4 cup dry red wine  
1/2 cup chicken stock

## METHOD

1. Preheat the oven to 200°C
2. Score the duck breast with a sharp knife. Heat a large Dutch oven, or other oven proof pan on the stove.
3. Place the duck breast side down to render the fat for 5 mins. Turn it over, continuing to cook for a few minutes.
4. Combine the coconut sugar, mixed spice, cumin and salt in a small bowl. Brush the spices and sugar over the duck once cooked on both sides.
5. In a small bowl combine bay leaves, red wine vinegar, red wine and chicken stock.
6. Nestle the plums around the duck and top with the combined liquids. Bake in the oven for 2 hours.
7. Remove from oven and let rest for 10 mins before serving.