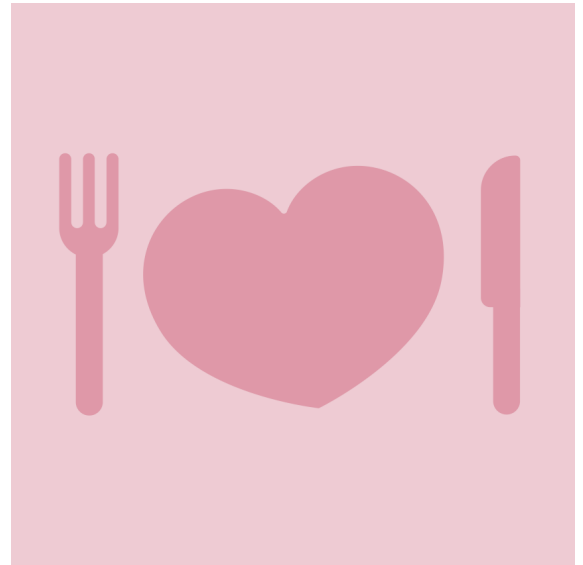




BUTTERFLY BBQ DUCK

TO BUTTERFLY A DUCK YOU NEED TO CUT DOWN THE BACKBONE OF THE DUCK WITH A PAIR OF KITCHEN SCISSORS AND OPEN IT OUT.

Difficulty: Easy



INGREDIENTS

1 x Luv-A-Duck, Whole Duck

METHOD

1. Put a bamboo skewer through one of the duck legs and across to the other leg.
2. Put another skewer through the wings. This will help keep the duck flat.
3. Season with salt and pepper.
4. Place onto a warmed BBQ plate, skin side down, for about 5 minutes until the skin begins to brown.
5. Turn the BBQ down to low, turn the duck over and cover with a lid or the hood of the BBQ and allow to cook for about 30 minutes.
6. After 30 minutes, turn it over and let the skin crisp up for another 5 - 10 minutes.
7. Remove from the BBQ onto a clean plate and allow to rest for at least 10 minutes.

CHEF'S TIPS

Serve up some good quality chutneys and relishes and let your guests help themselves.

Accompany your duck with a leafy salad and a chilled glass of rose.