



CHERRY GLAZED WHOLE DUCK

Difficulty: Easy

Serves: 4

Prep: 20 mins

Cooking: 2 hours



INGREDIENTS

- 1 whole duck approx. 2kg
- 1 tbsp olive oil
- Salt
- 2 cups cous cous
- 3 cups boiling water
- 3 tbsp extra virgin olive oil
- 1/3 cup toasted pistachio, chopped
- Large handful each flat parsley & mint, roughly chopped
- 2 cups pitted cherries

Cherry glaze

- 12 cherries, pitted
- 1 cup brown sugar
- ¼ cup red wine vinegar
- Zest & juice 1 orange
- 1 Cinnamon stick

METHOD

1. Dry the duck out well with paper towel and if time, leave uncovered in the fridge overnight.
2. Preheat an oven to 190C. Place the duck, breast side up, onto a rack in a baking tray, rub with 1 tbsp of olive oil and season with a little salt. Place in the oven for 1 ½ hours basting and glazing after 30 minutes.
3. Meanwhile, place the 12 cherries, sugar, vinegar, orange and cinnamon in a small pan and simmer to reduce to a glaze then strain, pressing the cherries well.
4. After the first 30 minutes of cooking brush the duck with some glaze and return to the oven. Continue this every 15 minutes.
5. One the last 15 minutes, baste the duck with some fat and juices from the tray. Rest the duck for 10 minutes before serving. Keep all duck fat from roasting to use for other cooking.
6. While the duck cooks, prepare the cous cous. Add to a bowl, season lightly with salt & pepper then pour over 3 cups boiling water, mix in quickly then cover for 5 minutes to steam. Fluff up with a fork and mix through half the oil. Once cool, mix through the pistachio, herbs, cherries, remaining olive oil. Season to taste.
7. Serve the duck whole or carved with the cous cous, any extra glaze drizzled over.

Recipe by Tom Walton (@<https://www.instagram.com/cheftomwalton/>)