



ORANGE GLAZED WHOLE DUCK

Difficulty: Easy
Serves: 4
Prep: 20 mins
Cooking: 1 hr 20 mins



INGREDIENTS

- 1 whole duck (about 2kg)
- Glaze
- 1 tsp. Chinese 5 spice
- 3/4 cup marmalade
- 3/4 cup brown sugar
- 2 tbs apple cider or sherry vinegar
- 1 tablespoon Dijon mustard
- Juice of 1 orange

METHOD

1. Remove the duck from the fridge 1 hour before cooking and then preheat the oven to 190°C.
2. Pat the duck dry, inside and out with paper towelling. Place the duck on a roasting rack in a tray and season with salt all over. Fill the cavity with some of the herbs and roast for 40 minutes per kilo.
3. While the duck is cooking, make the glaze. In a small saucepan add the glaze ingredients and bring to the boil, whisking to combine well. Cook for 5 minutes or until thick.
4. Once the duck is cooked halfway, remove from the oven and start glazing. Using a pastry brush, dab 1/2 of the glaze all over return to the oven and every 10-15 minutes dab some more glaze on. Once the duck is glossy, crisp and the juices run clear, it's ready!
5. Remove the duck from the oven and rest for at least 20 minutes before serving. Garnish with fresh herbs and serve on a lovely platter with your favourite festive trimmings.

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