



CRISPY ROAST DUCK WITH BRAISED FENNEL AND ORANGE

A delicious recipe from Michael Weldon featured on Farm-to-Fork showcasing a simple yet impressive, restaurant worthy recipe to create at home.

Difficulty: Easy

Serves: 4+



INGREDIENTS

- 1 Whole Duck, removed from packaging & left to dry in the fridge for 24hrs
- 1 Orange, cut in half
- 1 head of fennel, cut into 8th
- 1 bottle of cider
- 100mls Chicken Stock
- ¼ cup dried apricots
- 4 sprigs of Thyme
- 2 tbs brown sugar
- Sea Salt
- Olive oil

METHOD

1. Pre-heat an oven to 200c.
2. Place the duck onto an oven tray skin side down. Place the orange into the duck cavity with some sea salt. Place into the oven and cook for 30 minutes. After 30 minutes turn to skin side up and cook for a further hour.
3. In a high sided roasting dish place the fennel, cider, chicken, stock, apricot and thyme. Place into the oven and braise for 45 minutes.
4. Once braised remove the fennel, keep warm, and transfer the liquid into a sauce pan. Add the sugar and bring to the boil, turn to a simmer. Reduce to a thickened sauce and leave aside to serve.
5. To serve carve the breast and legs from the duck. Slice the breasts and arrange onto a platter next to the braised fennel. Season with salt and dress with the sauce.

Recipe courtesy of Michael Weldon and Farm-to-Fork