



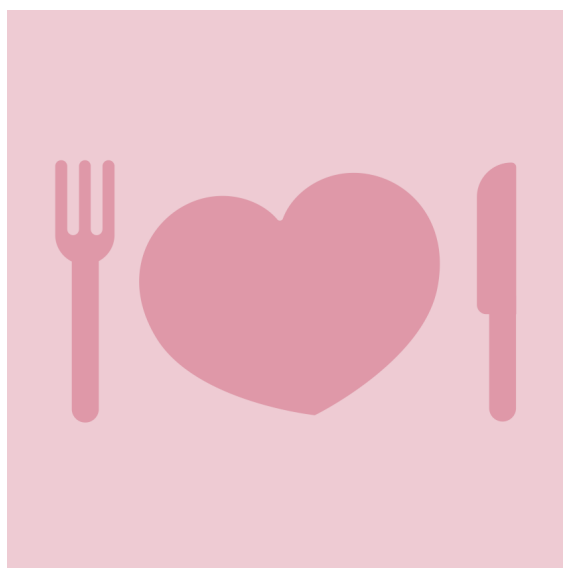
DUCK A L'ORANGE MODERN STYLE

WHOLE DUCK COOKED WITH AN ORANGE SALT AND SERVED WITH A BLOOD ORANGE SAUCE

Difficulty: Easy

Serves: 4-6

Cooking: 40 minutes per kg



INGREDIENTS

1 Whole Luv-a-Duck, Duck

Orange Salt Rub

2 tbsp flaked salt

2 blood oranges, zested

1 sml sprig rosemary, finely chopped

¼ tsp black pepper

Blood Orange Sauce

2 zested blood oranges, Juiced

2 blood oranges, thinly sliced

½ cup sugar

½ cup duck stock

2 tbsp verjuice

1 tsp cornflour

1 tbsp water

1 tbsp butter, cubed

METHOD

1. Rinse the whole duck under running water. Thoroughly pat dry with paper towel inside and out.
2. In a small bowl combine the flaked salt, blood orange zest, rosemary and black pepper. Use the back of a small spoon to blend.
3. Place the duck onto the roasting rack inside the roasting pan and liberally sprinkle the flavoured salt over the duck.
4. Roast the duck in the pre-heated oven 180c for 40 minutes per Kg until golden and juices run clear when tested. Remove duck from oven and allow to rest 10 -15 minutes.

Sauce

Place the blood orange juice, slices, sugar, stock and ver juice into the saucepan and simmer over medium heat 8 minutes. Whisk in the combined cornflour and water and stir until liquid boils. Remove from heat and cool 2 minutes, whisk in the cubed butter.

To Serve

Serve roasted duck with seasonal vegetables and drizzle with Blood Orange sauce.

CHEF'S TIPS

If blood oranges are not available use sweet navels or valencia oranges. Replace blood orange juice with pomegranate or cranberry juice for a delicious difference.