



DUCK A L'ORANGE

Difficulty: Easy

Serves: 4

Cooking: 1 hr 40 mins



INGREDIENTS

Duck

1 Luv-a-Duck Whole Duck
4-5 small wedges of orange and pineapple
Flaked salt

Warm Grilled Pineapple Salad

1 pineapple, sliced
1 tsp chilli flakes
2 oranges
8 micro fennel
4 shallots
1 tbs of muscovado sugar (use brown sugar as an alternative)
1 bunch coriander, thoroughly washed and finely chopped – keep leaves and roots separate

METHOD

Duck

1. Preheat oven to 190 degrees.
2. Pat the duck dry using a paper towel and season with salt. This will create a crispy skin.
3. Place 4-5 small wedges of orange and pineapple in the cavity (ensuring it is not too full, to allow the cavity to vent).
4. Roast for 40 mins per kg in a roasting tray until golden brown and then remove duck from oven and leave to rest for 20 mins.

Salad

1. Slice pineapple into long strips, peel and quarter oranges, cut fennel in halves and combine in a bowl with any juice from the oranges. Set aside.
2. In a heavy based pot, melt muscovado sugar, add pineapple, and finely chopped coriander root. When coloured but still in shape, cool on tray.
3. When pineapple is just warm, add it to fennel and oranges.
4. Finely dice shallots and toss through the pineapple mixture with coriander leaves and chilli flakes.

To serve

Salt to taste. Serve immediately with the roast duck.