



# DUCK WITH A POMEGRANATE AND RED WINE SAUCE



FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

**Difficulty:** Easy

**Serves:** 4

**Cooking:** 1.5 - 2 hours

## INGREDIENTS

1 Luv-a-Duck Fresh Whole Duck, brought out of the fridge 1 hour before cooking  
1tblsp olive oil  
Salt and pepper  
1 tblsp olive oil  
1 french shallot, finely chopped  
4 button mushrooms, finely sliced  
4 sprigs of thyme  
2 tblsp pomegranate molasses  
1 pomegranate, juice and seeds released  
400ml red wine  
500ml beef or veal stock  
15g knob of cold butter

## METHOD

1. Preheat 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. Drizzle with oil and season the duck with salt and pepper. Roast for 45 minutes per kg.
3. While the duck is cooking sweat off the shallot and mushrooms with the oil in a medium pot until they are golden brown. Add the thyme and then deglaze with the molasses and pomegranate juice. Now add the red wine and reduce by two thirds. Add the stock and reduce again by half. Strain the sauce through a fine sieve and place back into a clean saucepan. Whisk in the butter and finally add the pomegranate seeds. Keep warm.
4. The duck is cooked when it is golden and the juices run clear. Remove the duck from the oven and rest for 20 minutes.
5. Carve the duck into 6-pieces and serve with the sauce and your favourite trimmings.