



EASY ALFRESCO ROAST DUCK WITH RED WINE JUS AND SALAD



DUCK, EASY DONE AND DELICIOUS

Cooking a Luv-a-Duck whole duck, really is easier than cooking chicken. As featured in our TV ad with Justine Schofield (former Masterchef contestant) this recipe really is a great way to share the simplicity and enjoy with family and friends. Luv-a-Duck Easy Done and Delicious

Difficulty: Easy

Serves: 4 - 6

Prep: 10 minutes (pre-heat oven 190c)

Cooking: 40 minutes per kg + 20 minutes resting time

INGREDIENTS

1 Luv-a-Duck, Whole Duck
Sea salt

Red Wine Jus

¼ cup Roast Pan Juices
½ cup Luv a Duck stock
2 Tblsp Red Wine
2 Tblsp Vincotto

Salad

100g Mixed salad Leaves
100g Goats feta, crumbled
1 bunch White radishes, sliced
into small wedges
1 Nashi Pear, thinly sliced
1 ripe Pomegranate, seeds
removed
1 cup Red Grapes

Dressing

3 Tblsp Balsamic Glaze to dress
3 Tblsp Lemon pressed olive oil
to dress

To Serve

Roast Rosemary New Potatoes

METHOD

1. Pre-heat oven to 190c
2. Prepare Duck wash and pat dry with paper towel.
3. Fold wings under the duck (refer to video) or trim to 2nd joint; add aromatic herbs to the Duck cavity and truss legs with kitchen string.
4. Place Duck onto the roasting rack and into the roasting tray season with salt and pepper to taste.
5. Roast Duck for 40 minutes per kg. Remove when juices run clear. Set aside to rest.

To Prepare Salad

1. Whilst duck is resting toss together the salad leaves, feta cheese, white radishes, nashi and pomegranate seeds in a large bowl.
2. In a small saucepan combine the grapes, balsamic vinegar and lemon oil heat over a low heat 4 minutes. Remove and cool. Pour over the salad just prior to serving.
3. Pour the duck fat into a glass jug and allow to cool.
4. Pour the pan juices into a small frying pan, stir in the stock, red wine and vincotto heat over a low heat and simmer stirring until sauce is reduce and syrupy.

To serve:

1. Portion duck into legs and breast, slicing remaining duck meat.
2. Arrange Roast duck onto serving plates with a little salad and roasted rosemary potatoes drizzle with red wine jus.

CHEF'S TIPS

Luv-a-Duck fresh ready to cook duck legs can also be roasted and served with this sauce and salad.

Roasted Duck may also shredded and served tossed through the salad as a dish on its own.