



MIDDLE EASTERN STYLE BUTTERFLIED DUCK

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 1 hour 30 minutes



INGREDIENTS

1 Luv-a-Duck Whole Duck
1 tblsp ground cinnamon
1 tblsp ground sumac
2 tsp ground ginger
2 tsp cumin
1 tsp coriander powder
3 tblsp olive oil
A good pinch of salt and pepper

Sauce

1 cup of yoghurt
2 wedges of preserved lemon,
pulp removed and skin finely
chopped
1 clove of garlic, minced
1 tblsp honey
Pinch sumac

METHOD

1. For the sauce mix all of the ingredients together. Chill in the fridge until ready to use.
2. Pre heat the oven to 190C.
3. For the marinade place all the ingredients into a bowl and mix until smooth.
4. To prepare the duck, cut down each side of the backbone with a pair of poultry shears ensuring to also remove the parson's nose and neck. Press down on duck to flatten out. Pat dry with paper towelling.
5. Pour 3/4 of the marinade over the duck and coat well. Heat a BBQ or griddle pan and seal the duck on each side for 1 minute to get it slightly charred. Now place in a baking dish and cook for 50-60 minutes, ensuring to baste it every 20 minutes with more of the marinade.
6. Allow the duck to rest for 15-20 minutes before cutting into 4 and serving with sauce.