



GARLIC WHITE WINE DUCK POT ROAST WITH DUTCH CARROTS

Difficulty: Easy

Serves: 6

Prep: 10 mins

Cooking: 2 hrs



INGREDIENTS

2kg Luv-A-Duck Whole Duck
5 Garlic cloves, peeled
2 brown onions, quartered
1 cup White wine
4 sprigs thyme
6 White potatoes, halved
Salt and pepper, to taste
8 Dutch carrots

METHOD

1. Preheat the oven to 200°C.
2. Use a small sharp knife to score the skin of the duck. Be careful not to cut through to the flesh. Place the duck into a large baking tray or cast iron pot. Stuff ½ onion, 2 garlic cloves and 1 sprig of thyme into the duck cavity. Then place the remaining onion, garlic and thyme around the duck. Season with salt and then pour over the wine.
3. Cook in the oven for 1 hour. Remove and place the potatoes and carrots around the duck. Return to the oven and cook for a further 1 hour.
4. Remove and let the duck rest for 5-10 minutes before serving.

CHEF'S TIPS

Recipe by Shelley Judge