



HAZELNUT AND FIG STUFFED ROLLED DUCK

Difficulty: Easy
Serves: 6
Prep: 20 mins
Cooking: 1hr 40mins



INGREDIENTS

Luv-a-Duck Boneless Whole Duck
6 dried figs
1 cup dry red wine
1L chicken stock
1 cup cracked freekeh
50g salted butter
1 brown onion, diced
2 cloves garlic, crushed
2 sprigs thyme, finely chopped
¼ cup parsley, finely chopped
½ cup hazelnuts, roughly chopped

METHOD

1. Cover the figs in a red wine and soak in the fridge overnight. The next day, drain the figs and roughly chop them. Preheat the oven to 170C.
2. Rinse the Freekeh in cold water and then place in a large saucepan with the chicken stock. Bring to the boil and then reduce to a simmer for 20 mins or until all stock has been absorbed. Remove Freekeh from heat and allow to cool.
3. Melt butter in a saucepan on medium heat. Add the onion and garlic and sauté on for 5 min until it begins to soften and caramelise.
4. Drain the figs and quarter them lengthwise. In a bowl combine the figs, freekeh, hazelnuts, thyme, parsley, and onion mixture.
5. Open the duck up like a book, skin side up and Pat it completely with paper towels. Use salt and pepper to season the skin and underneath it and turn the duck skin-side down.
6. Pat the stuffing into a cylinder about 4cm in diameter. Place the stuffing directly in the centre of the duck and roll the meat tightly around the stuffing, ensuring to tuck in the sides to seal the duck. Tie the duck every 2" or so with a separate piece of kitchen string. Using the tip of a sharp knife, lightly score the duck skin in a crosshatch pattern.
7. Place the duck on a roasting tray and roast it, for 75 mins. Remove the duck from the oven and let it rest for 10 minutes. Carve into slices about 1" thick, removing and discarding the string. Serve immediately.