



HONEY AND SPICE GLAZED WHOLE ROASTED DUCK

Create a new family favourite with our crispy Luv-a-Duck Fresh Whole Duck. Roast to perfection and serve with a spiced honey glaze and your favourite herbed roasted vegetables. Add freshness with a garnish of blackberries and cherries. Perfect for Christmas!



Difficulty: Easy

Serves: 6

Prep: 35 minutes

Cooking: 2 hours (depending on weight of duck)

INGREDIENTS

Duck

- 1 Whole Fresh Luv-a-Duck
- Salt to cover

Roast Vegetables

- 2 tbsp Luv-a-Duck Fat
- 3 small sweet potatoes, cut into rounds, skin on
- 3 small pears, cut in half
- 4 small red onions, peeled and cut in half
- Handful thyme stems
- 2 tbsp olive oil
- 700gm brussels sprouts, trimmed and cut in half
- 3 cloves of garlic, finely sliced
- 150ml of water, or enough cover base of pan
- 100gm almonds, toasted and roughly chopped
- Salt and pepper to taste

Honey and Spice Glaze

- 200gm honey
- 1 tbsp Chinese 5 spice powder
- 2 star anise
- 4 cinnamon quills
- Garnish with fresh sage leaves, blackberries and cherries.

METHOD

1. Preheat oven to 190°C. Rinse and pat dry the duck. Tuck wings, tie legs with kitchen twine, and salt generously.
2. Place duck on a roasting rack in a pan. Roast for 35–40 minutes per kilo, aiming for 56°C for medium-rare or 74°C for well-done. Cover with foil and rest for 20 minutes.
3. Toss prepared vegetables in melted Luv-a-Duck fat or olive oil, thyme, and seasoning. After the duck has roasted for 1 hour, add the veg to the oven and bake for 30–40 minutes until tender.
4. For caramelised Brussels sprouts, heat oil in a pan. Sauté sprouts cut side down for 2–3 minutes until browned. Add water and garlic, cover, and steam for 3 minutes. Top with toasted almonds.
5. To make the glaze, heat ingredients in a small saucepan on low for 3 minutes.
6. Serve the roasted veg on a platter, place the duck on top, brush with glaze, and garnish with sage, blackberries, and cherries. Serve with Brussels sprouts and extra glaze.

CHEF'S TIPS

Leaving the foil loose while resting the duck keeps the skin crispy.

You can make your roasted veg ahead of time and place in the oven to re-heat.