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ONE PAN CIDER BRAISED DUCK

Difficulty: Easy

Serves: 6-8

Prep: 10 mins

Cooking: 1 hour 30 mins



INGREDIENTS

1 Luv-a-Duck Whole Duck
1 onion, quartered
1 head of garlic, cut in half
1 green apple, quartered
2 tsp garlic powder
1 tsp allspice powder
2 Tbsp butter, softened
1 cup chicken stock
¼ cup apple cider vinegar
½ cup cloudy apple juice

METHOD

1. Pat the duck dry using a paper towel. Place the duck on a rack in a baking tray and chill in the fridge for at least 2 hrs or overnight, uncovered, to allow the skin to dry out.
2. Preheat the oven to 190°C.
3. Combine the garlic powder, allspice powder and butter in a bowl and then rub it over the duck. Heat a large oven proof pan on the stove on high heat. Cook the duck breast side down for 5-10 mins until it begins to brown. Turn the duck over and then place the apple, onion and garlic around the edge of the duck.
4. Pour over the chicken stock, apple cider vinegar and cloudy apple juice and then cover with a lid, or alfoil. Place the duck in the oven and cook for 60 mins, then remove the lid and cook for another 20 mins.
5. Remove the duck from the oven, place the duck on a baking tray. Loosely cover with foil and let it rest for 20 mins.
6. Pour everything remaining in the pan through a sieve placed over a bowl and then return the liquid to the pan and bring to a simmer for 5 mins until it reduces to about ¼. Season with salt and pepper.
7. Drizzle the sauce over the duck before serving.

Recipe by Shelley Judge