



# POT ROASTED DUCK WITH PORT AND GRAPES

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

**Difficulty:** Easy  
**Serves:** 4  
**Prep:** 20 minutes  
**Cooking:** 2 ½ hours



## INGREDIENTS

2 tsp olive oil  
1 Luv-a-Duck Whole Duck,  
removed from the fridge 45  
minutes before cooking  
3 sprigs of thyme  
2 onions, finely sliced  
1 cinnamon stick  
1 cup of port  
2 cups of chicken or Luv-a-Duck  
Duck Stock  
2 cups of fresh red grapes  
Salt and pepper

## METHOD

1. Pre heat the oven to 150°C.
2. Remove the duck's neck and then place the thyme in its cavity. Truss the duck by tying its legs together. Drizzle with oil and season generously with salt and pepper.
3. Heat a heavy based oval shaped casserole pot over a medium heat. Sear the whole duck, breast side down first until it is a deep golden colour and some of the fat has rendered. Turn over and colour on the other side. Remove the duck from the pot and keep the excess fat.
4. Now add the onions and cinnamon and cook until caramelised. Return the duck to the pot and pour in the port. Bring to the boil and reduce by half. Now add the stock and place the lid on top.
5. Roast gently in the oven for 2 ½ hours. One hour into cooking add the grapes.
6. Serve with roasted potatoes, lentils or peas.