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ROASTED DUCK WITH BROCCOLINI AND POMEGRANATE SALAD

Perfect for Christmas!

Difficulty: Easy

Serves: 4



INGREDIENTS

- 1 Luv-a-Duck whole duck
- 2 bunches broccolini
- 3 tbsp pomegranate molasses
- 2 tbsp apple cider vinegar
- 4 tbsp extra virgin olive oil
- 1 -2 tbsps honey
- 1 pomegranate
- Micro sorrel
- Sea salt flakes and pepper

METHOD

1. Preheat oven to 190 degrees.
2. To prepare the duck, trim the wing, remove the neck, windpipe and oesophagus. Gently pat the duck with paper towel to remove any excess moisture. Using a toothpick, prick the skin.
3. Place duck on a roasting dish with a wire rack. Season with salt and pepper, place into the oven and cook for 40 minutes per kilogram.
4. Meanwhile bring a large pot of water to the boil. Trim the ends of the broccolini stalks, set aside.
5. To make the salad dressing, place pomegranate molasses, cider vinegar, olive oil and honey into a small bowl. Whisk to combine, season with salt and pepper.
6. Remove the duck from the oven and let rest for 20 minutes before carving.
7. When the water is boiling, season with salt. Add the broccolini to the pot and cook for 3-4 minutes until tender. Drain the broccolini and discard water. Season with sea salt flakes.
8. Once the duck has rested, carve the duck by placing on a chopping board, remove the leg by cutting between the leg and the breast pulling the leg away from the thigh joint. Remove the breast by slicing down alongside one of the breastbones over the ribcage. Repeat on the other side.
9. Serve the portioned duck on a platter with broccolini, garnish with the pomegranate arils, micro sorrel and pour over pomegranate dressing.

CHEF'S TIPS

This can be served with Duck fat roasted potatoes.