

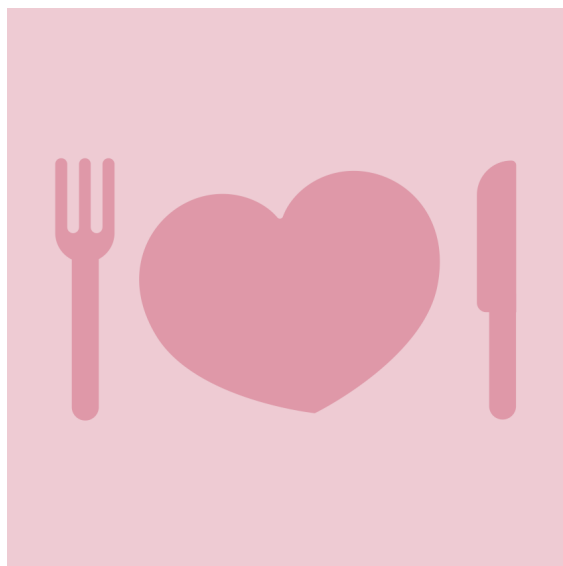


<https://www.luvaduck.com.au/recipes/view/roasted-duck-with-endive-orange-and-beetroot-salad/>

ROASTED DUCK WITH ENDIVE, ORANGE AND BEETROOT SALAD

Difficulty: Easy

Serves: 4



INGREDIENTS

- 1 Luv-a-Duck whole duck
- 3 beetroots
- Olive oil
- 2 tbsp orange juice
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 4 tbsp extra virgin olive oil
- 2 oranges, skin removed and cut in to segments
- 2 heads of endive
- 1 punnet micro herbs

METHOD

1. Preheat an oven to 190 degrees.
2. To prepare the duck, trim the wing, removing the neck, windpipe and esophagus. 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 prepare the beetroots by removing the tops with leaves, place a square of foil on the bench and wrap the beetroots individually with salt, pepper and olive oil. Place onto a tray and into the oven for 30-40 minutes depending on the size of the beetroots and cook until soft and a skewer goes in easily.
5. To make the dressing combine the orange juice, balsamic vinegar, Dijon and olive oil in a small bowl and whisk to emulsify.
6. When the beetroots are cooked, remove from the oven, using oven mitt's gently scrap the foil around the beetroots to loosen the skin, open the foil and remove the beetroot discarding the skins. Cut in to wedges and set aside to cool.
7. Remove the duck from the oven and let rest for 20 minutes before carving.
8. Once 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. To dress the salad, toss the dressing in a bowl to evenly coat, place endive on a serving place, top with beetroot wedges, orange segments and micro herbs.
10. Serve portioned duck with endive, beetroot and orange salad.

CHEF'S TIPS

This dish can be served with duck fat roasted potatoes.