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WHOLE ROAST DUCK WITH SEASONAL VEG & HERBS

Difficulty: Easy

Serves: 4-6

Prep: 20 minutes

Cooking: 1 hour 40 minutes – 2 hours



INGREDIENTS

For the Duck

- 1 Luv-a-Duck Whole Duck
- Salt and pepper
- 1–2 tsp five spice powder or dried herbs (optional)
- A few sprigs of sage or thyme (for inside the cavity)
- 1 orange or apple, halved (for roasting inside duck)

For the Vegetables

- 300 g baby carrots, scrubbed
- 300 g pumpkin or squash, sliced
- 2 pears or apples, quartered
- 1 head garlic, halved crosswise
- Fresh sage, oregano or thyme leaves
- 1–2 tbsp duck fat or olive oil

METHOD

1. Preheat Oven

- Preheat to 180°C (fan-forced).
- Pat duck dry with paper towel. Prick the skin all over (avoid piercing the meat) to help fat render out. Season generously with salt, pepper and optional five spice.

2. Prepare the Roasting Pan

- Stuff the duck cavity with halved orange/apple and a few sprigs of herbs.
- Place duck on a rack in a large roasting dish.

3. Roast the Duck

- Roast for 1 hour 40 minutes to 2 hours, depending on size.
- Baste with rendered fat a few times throughout roasting.
- In the final 45 minutes, scatter vegetables around the duck. Drizzle with duck fat or oil and season. Roast until caramelised.

4. Rest and Serve

- Let duck rest 10–15 minutes before carving.
- Serve with roasted veg, pan juices, and extra fresh herbs.

Optional Additions

- Glaze duck with a honey-orange reduction in the final 15 minutes
- Add Brussels sprouts or parsnip for a fuller vegetable mix
- Serve with cranberry, red wine jus or spiced plum sauce