



WHOLE ROASTED DUCK WITH MISO HERB BUTTER – BY TIM BONE



Tim Bone shares how to cook a whole roasted duck - recipe for you to cook at home! Delicious Miso Herb Butter Whole Roasted Duck!

Difficulty: Easy

Serves: 4

Prep: 20 minutes

Cooking: 1 hour 20 minutes

INGREDIENTS

- 1 whole Luv-a-Duck Duck
- 125g unsalted butter, softened
- 3 cloves of garlic, peeled and chopped
- ¼ cup parsley, chopped
- 1 tbsp of thyme leaves
- 1 tbsp of rosemary, chopped
- 1 tbsp white miso paste
- 1 lemon
- Salt
- Black pepper

METHOD

1. Pre-heat oven to 190°C
2. To make the miso herb butter, in a bowl, place the softened butter, garlic, parsley, thyme, rosemary, white miso, a good pinch of black pepper and zest of the lemon. Mix to combine well.
3. On a board, pat dry the duck well with paper towel and then with clean hands, carefully make pockets between the duck breast and the skin.
4. Spread the butter with your hands underneath the skin of the duck breasts, inside the cavity and all over the outside.
5. Chop the lemon in half and place into the cavity of the duck.
6. Sprinkle the duck generously with salt and pepper.
7. Place into a roasting tray with a rack and roast in the oven for approx. 1 hr. 20min – 1 hr. 30min *depending on the size of the duck.
8. Allow to rest for 15 minutes before carving and serving.