

DUCK

Whole, Breast and Leg

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AT HOME

Please read the full method before starting to cook. Every effort has been made to make this process as simple as possible but a little foresight in the recipe will help you achieve the best results.

Ensure that, where relevant, your oven is preheated to the correct temperature before you begin.

Whole Duck

Remove the duck from the refrigerator at least 30 minutes before cooking. Remove the giblets from the internal cavity.

Preheat the oven to 200°C, Fan 180°C, Gas mark 6. Prick the skin around the duck legs and season.

Take one red onion, cut in half and place inside the cavity with 3 star anise (this will help keep the meat moist and add a depth of flavour). Place the duck on a rack in the roasting tin and place on the middle shelf. Cook for approximately 45 minutes per KG plus an extra 10 minutes. Remove from the oven, cover with foil and leave to rest for 30 minutes before carving.

Leg

The key to cooking great duck legs is cooking them slowly on a low heat. Trust us, they are worth the wait.

Preheat the oven to 160°C. Pierce the skin all over with a skewer or a knife to release the fat as it cooks. Generously season the duck leg with rock salt and ground black pepper on both sides. For a little extra “Zing” rub the legs with Chinese Five Spice. Place in a cold tray and place into the oven for 1 hour 30 minutes. Remove the duck leg. The skin should be nice and crisp and the meat falling away from the bone.

Breast

Remove the duck breast from refrigerator and remove all packaging 30 minutes before cooking. Preheat oven to 200°C.

Lightly score the skin with a sharp knife.

Generously season the duck breast with rock salt and ground black pepper on both sides, the salt will help extract the water out of the fat.

Place the duck breast skin side down in a cold non-stick frying or griddle pan with no oil. Place on to the hob, low to medium heat.

Turn the heat up gradually. This allows the breast to release the fat so the fat can be rendered down. 90% of the cooking at this stage will be skin side down to encourage a nice crispy skin.

Continue to turn the heat up, (be careful not to burn the skin). Once the fat has come out, turn the duck breast over for a couple of minutes.

Transfer the duck breast to a pre heated oven tray, pour over the rendered fat.

Cook for 8-10 minutes, (longer for larger duck breast or if you prefer your duck well done). Allow the duck breast to rest for at least 10 minutes before slicing.

If this is your first time cooking duck we recommend you slice one breast in half just to check you are happy with how it's cooked. If it's too pink, simply return to the oven for a few more minutes.