



## Roasted Whole Duck

Our duck has been reared in a natural, high-welfare system and provides a quality of meat that's second to none

Serves: 4

Prepare: 5 Minutes

Cook: 3 Hours

Difficulty: easy

### Ingredients

- 2- 2.5kg [whole organic duck](#)
- 1 orange
- 1 red onion
- 1 garlic bulb
- sea salt & cracked black pepper
- seasonal vegetables and fresh orange wedges, to serve

### Method

1. First, preheat the oven to 220C/200C fan. Place the duck in a large roasting tin and pat the skin dry using kitchen roll. Prick the skin all over to ensure a crispy finish.
2. Cut the orange and red onion into wedges and the garlic bulb in half horizontally. Stuff the cavity of the duck with the orange, red onion and garlic before generously sprinkling the skin with salt and pepper.
3. Place in oven and roast uncovered for 20 minutes. Then lower the heat to 180C/160C fan and cook for a further 45 minutes per kg.
4. Take the duck from the oven and allow to rest for at least 10 minutes. Remove and discard the orange, onion and garlic from the cavity then transfer onto a board to carve. Save the fat for a later recipe.
5. Serve alongside seasonal vegetables and freshly cut orange wedges