



WILD. NATURAL. SUSTAINABLE.

Whole Pekin Duck with Orange

• Prep Time: 2 hours 45 minutes • Yields: 4 servings

Ingredients:

1 pkg. Fossil Farms Whole Pekin Duck, 4-5 lbs avg.

Salt and ground pepper to taste

2 medium oranges

2 medium lemons

Boiling water, as needed

¼ cup sugar

1/3 cup white wine vinegar

3 cups chicken stock

1/3 cup Grand Marnier

(or other orange-flavored brandy)

2 tsp. cornstarch

1 tbsp. red currant jelly
or apricot jelly (optional)

½ cup dry white wine

Method:

1. Preheat oven to 350°F.
2. Season duck inside cavity with salt and black pepper.
3. Place breast side up on a rack in a roasting pan and prick thighs and breast with fork to allow fat to escape.
4. Roast until juices run clear when the thigh is pricked, about 1 ½ hours or until thermometer registers 155-160°F in the breast.
5. While duck is cooking, peel zest from oranges and lemons and cut into fine julienne.
6. Squeeze juice from oranges and lemons and set aside.
7. In a small sauce pan, blanch zest in boiling water to cover for 3 minutes; drain and set aside.
8. In a heavy-bottomed saucepan over moderate heat, melt sugar and cook until it begins to brown slightly.
9. Add vinegar, orange and lemon juices and stock and reduce over medium heat to light sauce consistency.
10. In a small bowl, mix together Grand Marnier and cornstarch and stir into stock mix.
11. Simmer briefly until slightly thickened. Stir in jelly, if used, and keep sauce warm.
12. When duck is cooked, remove from pan and cover with aluminum foil.
13. Scoop fat from pan juices discard. Quickly deglaze roasting pan with wine, scraping the brown bits.
14. Strain into sauce. Add reserved zest and simmer until slightly thickened.
15. Carve duck and place on warm serving platter, pour sauce over pieces, and enjoy!

Equipment:

Oven

Large Roasting pan

Fork

Measuring cups & spoons

Meat thermometer

Sharp knife

Cutting board

Small saucepan

Heavy-bottomed saucepan

Aluminum foil

