

Simon says slow-roasted citrus duck

Simon Marnie is a Sydney ABC radio host who regularly suffers our waffling on the *Providence's* Report section of his weekend show. A few days after he bought a pasture-raised, Aylesbury-Pekin duck from us, we received a fevered text raving about how he'd slow-roasted the duck using this brilliant new recipe featuring cumquats and mandarins, and said it was fantastic. Apparently his lunch guest, a successful Sydney restaurateur, got stuck in and had seconds and thirds and fourths. Simon was also squeaking with excitement about the rendered duck fat he had left over at the end, to use for roasting potatoes and carrots. We tried his recipe using some mandarins we had to hand and he was right: it was delicious.

Simon Marnie, retail customer

Feeds: 6, depending on the size of the duck and the appetite of your guests

Preparation time: 10 minutes | Cooking time: 7 hours

Special equipment: A roasting tin with a trivet or wire rack to hold the duck up while the fat renders out.

1 large (2–2.25 kg/4 lb 8 oz–5 lb)

pasture-raised duck, at room temperature

6 mandarins, cut in half

6 cumquats, cut in half

Olive oil, for drizzling

Preheat oven to 120°C (235°F). Score the breasts and fat of the duck, being careful not to pierce the flesh.

Stuff the cavity with cumquats and mandarins; the sweet juices and the intense flavour of the skins will release into the duck as it cooks. If you're finicky, you can seal the cavity with toothpicks.

Rub duck skin with a little olive oil and salt it liberally. Place duck on a trivet or a wire rack in a roasting tin; this allows the fat to drain.

Roast for 7 hours until the skin is golden and crisp and the meat comes away from the bone easily. Serve with the roasted fruit (the fruit is also great blended into a sauce).

While the roasting tin is still warm, drain off the fat and strain it into jars. It can be stored in the fridge and used for baking, frying or roasting potatoes.



FEATHER
AND BONE