



5 Hour Roasted Duck

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Categories: Main Dish - Fowl

Servings: 4

Suggested Wine: Petit Verdot

Preparation Time: 30 minutes

Start to Finish Time: 5 hours 50 minutes

Description: Roasting a duck to a crispy skin state of perfection is not difficult, but it does take some time. Thus, the recipe name.

Serving Ideas: Serve with a Wild Rice, traditional, or Chinese Black Rice, an herbally, sweet rice. Or you can roast fresh root vegetables cut into chunks under the duck. This will keep the duck from burning. Place the vegetables in the pan for the first 4 hours then remove and keep warm.

Ingredients:

1 whole Duck

2 med Apples cut into
chunks, sweet to semi-
sweet but not tart apples

Celtic fine Sea Salt and
fresh ground Tellicherry
Black Pepper to taste

Directions:

- 1) Pre-heat the oven to 300 degrees F
- 2) Remove the bag of gizzards from the duck. Wash the duck under cold water and pat dry. Prick the duck's skin all over and sprinkle lightly with salt and pepper. Stuff the cavities with the apple pieces.
- 3) Place the duck in the roasting pan, breast side up. Roast the duck in a racked roasting pan for 4 hours at 300 degrees F. Do not cover the duck. At each hour, prick the skin again and turn the duck over. This keeps the duck basted and the duck fat drained.
- 4) At the end of of the 3rd hour and after turning the duck and removing the rack - if using root vegetables -, add the root vegetables to the bottom of the pan. Lay the duck on them.
- 5) After 4 hours, check the vegetables and turn if necessary. Raise the oven temperature to 350 degrees F and cook for another hour. The skin should be a a nice, deep tan color at the end of the cooking time - 5 hours.
- 6) At the end of the cooking, remove the duck from the pan, cover loosely and let rest for 20 minutes. Remove the root vegetables, cover and hold until serving.
- 7) Now is the time to make a gravy from the drippings if you wish.