

Slow Roasted Crispy Duck Scented with Orange, Garlic and Thyme

Serves 4

This duck is essentially self-basting as it slowly roasts while the fat is rendered out. The bonus is that you'll have plenty of deliciously flavored duck fat to keep in the refrigerator for frying potatoes. Try not to fight over the crispy skin.

Ingredients

1 ea.	Peking or Long Island duck
2 Tbsp.	kosher salt
1 ea.	orange, cut into quarters
2 ea.	shallots, peeled and cut in half
6 cloves	garlic, crushed but not peeled
6 sprigs.	fresh thyme
1 ea.	bay leaf
	Freshly ground black pepper

Method

Oven Temperature: 350 degrees

- **Flame Height: 5**
- Dry the duck well and season the cavity with 1 Tbsp. of the salt. Fill the cavity with the orange quarters, shallots, garlic, thyme and bay leaf.
- Make small slits on the diagonal through the skin, but do not cut into the flesh, of the duck all over and place it on a rack in a roasting pan.
- **Flame Height: 1**
- Let the oven rest for 5 minutes before adding the duck.
- Roast the duck **in the center** of the oven, tented with foil for 30 minutes. Remove from oven and make more slits in the skin. Turn duck over return to the oven with the foil tent. Repeat this process every 30 minutes for about 2-3 hours.
- During this time the oven will continue to drop in temperature; this is expected as over this time the duck will cook slower and more gently.
- Remove duck and season with remaining salt and the pepper.
- **Flame Height: 3.6**
- Return duck, this time to **the doorway of the oven**, breast side up without the foil for another 30 minutes. The skin should be browned and crispy.
- Let sit for 20 minutes before carving.



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