

GastroChef's Slow Cooked Crispy Duck

Ingredients

Duck
1 orange sliced in half (with peel)
Fresh Sage
Sea Salt
Roasting pan

Directions

1. Preheat oven to 325C
2. Before placing the duck on the roasting pan, make sure you remove any giblets or packages from the cavity of the duck
3. Using scissors or a sharp knife, cut away any excess skin from the neck region and any covering the cavity
4. Using paper towels dry the duck inside and out
5. With a sharp blade score the skin of the duck lightly, ensuring not to cut into the meat. Aim to make a diamond pattern on the skin of the duck
6. Poke small holes all over the duck so fat will be able to escape
7. Using a mortar and pestle crush 1 tsp of sea salt with about 7-8 fresh sage leaves until it forms a fine mixture
8. Using your hands, take the mixture and rub it all over the duck making sure to coat all available meat
9. From the sage you have left over, remove all sage leaves from the stem and place them into the cavity of the duck along with both halves of the orange
10. Place duck into oven for 1 hour, breast side up.
11. After 1 hour flip duck, breast side down
12. After 1 hour flip duck again, breast side up
13. Finally, for the last hour flip the duck breast side down
14. After the 4th hour, increase your oven to 400C, flip the duck breast side up, and roast for another 10-15 minutes to crisp up the skin
15. There is no need to baste a duck like you would a turkey; the goal is crispy skin with tender meat. The oranges you put in the cavity will keep the meat from drying out
16. Once your duck is cooked make sure you strain and save all the fat drippings! Duck fat is good in the fridge for a few weeks or keep in the freezer until later use.
17. Enjoy!