

Roasted Whole Duck - Basic Recipe for Crispy Skin

<http://www.mapleleafaffarms.com/265?recipe=297&reccat=1>

This basic roast duck recipe creates a crispy skin and moist meat

Prep Time {20 min}

Cook Time {2 hr}

Serving Size {4 servings}

Ingredients

1 Maple Leaf Farms Whole Duck (5-6 lbs), defrosted

Boiling Water

1 Tbsp Kosher Salt

1 1/2 tsp Freshly Ground Black Pepper

1 tsp Paprika

1 Orange, cut in quarters

1 Head Garlic, paper removed and top trimmed

2 Celery Stalks, cut into 2" pieces



Directions :

1. Make sure duck is thoroughly defrosted, if frozen. (Defrost in refrigerator for 2-3 days.) Start a large pot of water (deep enough to submerge a whole duck) on the stove, bringing to a rolling boil. Preheat oven to 425 degrees.

2. Remove duck from bag. Remove orange sauce packet (if included), giblets and neck from interior. Save giblets and neck for making stock. Remove excess fat from body cavity and neck. Rinse duck inside and out under cool running water. Pat duck dry. With a large sharp fork, prick the skin all over (approach at an angle), being careful not to pierce the meat (if meat is pierced, it will dry out). Carefully put the duck in the pot of boiling water; boil for 10 minutes. This will help render out some of the fat. Remove duck and let cool. Pat duck dry.

3. Mix the salt, pepper and paprika. Rub the duck inside and out with the spice mixture. Place the duck on a rack in a roasting pan breast side up. Stuff the orange quarters, whole head of garlic (top trimmed) and cut celery pieces into the cavity of the duck. Fold the neck skin under, covering the cavity. Secure with a skewer.
4. Place the roasting pan in the oven. After 15 minutes, lower the oven temperature to 350 degrees. After 45 minutes, remove duck from oven. Remove any fat that may have collected in the bottom of the roasting pan. Carefully turn duck over, place back on rack in roasting pan, and return to oven for 35 minutes. At the end of the 35 minutes, remove duck from oven, remove any fat that may have accumulated, and carefully turn duck back over so breast side faces up. Return to oven. If you have a 5 pound duck, cook for another 15 minutes; for a 6 pound duck, cook for another 20 minutes (total cooking time should add up to about 22 minutes per pound). Be careful not to overcook. The internal temperature should be 175 degrees at the thickest part of the leg and thigh joint. Remove duck from oven.
5. Transfer duck to a cutting board and let stand 15 minutes. Remove oranges and celery from cavity and throw away. Remove head of garlic; roasted head of garlic can be used as a great spread for bread.
6. Carve duck and serve.

Tips for Roasting Whole Duck

- Roast the duck uncovered on a rack in a shallow roasting pan, breast-side up, or roast on a vertical poultry roaster in a pan. For an un-marinated whole duck, allow 30 minutes per pound in a preheated 350° F oven. For a marinated duck, allow 22 minutes per pound at 375° F. or until internal temperature at the leg joint reaches 175° F.
- A vertical roaster is a perfect way to roast a whole duck. Even the beer can roasters work well with duck.
- When a roasted whole duck has completed cooking, the legs will move easily.
- When roasting a whole duck, place it on a rack in a pan, so the fat can drain freely into the bottom of the pan and duck doesn't sit in it. Line the pan with aluminum foil before putting the rack in it, and you have a very easy clean-up!
- Roast your whole duck without traditional stuffing. Instead stuff the duck with an onion quartered, an orange quartered, or pieces of celery and carrots. This will keep the duck moist and add delicious flavor. Cook the stuffing in a separate dish.
- For a wonderful barbecued flavor, try grilling outdoors. For a whole raw duck, the best results come from first precooking it in your oven (following the package directions), and for the last 20-30 minutes, finishing it on the grill. This gives the duck a wonderfully crispy skin.
- Maple Leaf Farms fully cooked roast half ducks are great on the grill! Just follow package directions.