

Duck à l'orange

Serves 4

INGREDIENTS

1 whole duck (without giblets)
7 oranges
1 apple
½ onion
2 sprigs thyme
2 sprigs marjoram
2 tbsp honey
100 ml chicken stock
1 shallot
2 tbsp sugar
80 ml red wine
80 ml Port wine
1 tsp black peppercorn
1½ tsp coriander seeds
60 g unsalted butter (cold)
Salt
Cornstarch for thickening



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METHOD

1. Peel and finely dice an orange, the apple, and the onion and set aside. Slice two other oranges and set aside. Wash the duck with cold water inside and out and pat dry with paper towels. Preheat the **oven to 180°C Circo Roasting**.
2. Rub the duck with salt and fill the belly with the diced apple, onion, and orange, and full sprigs of thyme and marjoram. Place it in a baking dish and add orange slices. Transfer to the oven and roast for approx. 1.5 hours on **shelf level 2**.
3. Whisk together honey and chicken stock and regularly baste the duck with this mixture while it's baking. When cooked through, remove the duck from the roasting pan and drain the duck drippings from the pan into a small bowl. Keep the duck warm in the oven at 60°C while preparing the sauce.
4. Zest and juice two oranges and segment the other two. Peel and thinly slice the shallots. Caramelize sugar in a small pot on **Induction Hob heat setting 7**, add the shallots and sauté for approx. 2 minutes. Add the orange juice, Port wine, black peppercorns, and coriander seeds. Pour in the pan drippings (approx. 100 ml) from the duck and bring the sauce to a boil on **Induction Hob heat setting 8,5**.
5. Blanch half of the orange zest in the sauce for approx. 1 minute and remove from the heat. Pour the sauce through a colander, add cold butter and eventually thicken to your liking with a starch slurry. At the end add the orange filets and half of the zest. Season with salt. Place the duck on a serving platter and serve with the sauce and side dishes. Enjoy!