

DUCK WITH ORANGE SAUCE

Ingredients:

1 whole duck

Stock:

duck giblets

2 Tbsp. olive oil

1 tsp. salt

1/2 tsp. pepper

2 carrots, sliced

1 onion, chopped

1 stalk of celery, chopped

1 sprig of thyme¹

several sprigs of parsley

1 bay leaf

Sauce and Garnish:

4 Tbsp. sugar

4 oranges

1 lemon

2 Tbsp. red wine vinegar

1 tsp. cornstarch

The day before, prepare the duck stock. Sauté the giblets, onion, and carrots in oil to brown them. Combine these ingredients with the celery, parsley, thyme, bay leaf, salt, and pepper in a saucepan. Cover with water. Bring to a boil and simmer 2 and a half hours. Then filter the stock and reduce it by half by boiling over high heat. Refrigerate, if necessary, until needed.

Remove the zest from the lemon and one orange. Squeeze the juice from these two fruits. Peel the other oranges and separate them into pieces. Boil the sugar with 2 Tbsp. of water until the syrup begins to color lightly. Add half the zest, the vinegar, and the fruit juices and boil for 1 min. Set aside.

Wash and dry the duck. Salt and pepper the interior. Place the rest of the zest inside the cavity. Roast the duck for 15 min. in a 450-degree oven. Turn. Lower the temperature to 375 degrees and roast for 1 hr. and 15 min., turning the duck every 15 min. to remove the fat. Remove it from the oven and let rest during the preparation of the sauce.

Combine the fruit syrup and the duck stock and bring to a boil. Mix the cornstarch with 1 Tbsp. cold water and add to the sauce. Bring again to a boil. Serve the duck on a bed of rice garnished with pieces of orange. Serves 6.

ACTIVITIES

1. What is the difference in taste between a chicken and a duck?
2. What ingredient is used to thicken this sauce? What other ingredients can be used to thicken a sauce?
3. What is the difference in taste between a farm-raised duck and a wild duck?
4. Why are the flavorings put inside the duck cavity?
5. What is the difference in taste between a lemon and an orange? What does using the zest do to a dish? How is the zest different from the juice?

Notes

¹ If you use powdered thyme, use 1/2 tsp.