

CRISPY ROAST DUCK WITH CHERRY SAUCE

F MEDIUM

Last Modified: 11/21/2013

PREP: 20 Min
COOK: 5 Hrs
OVEN: 300 & 350

DUCK

MAKES 4 To 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
5	Pound	Whole Pekin Duck (Long Island)	
1	Tbsp	Kosher Salt	
1/2	Tsp	Ground Black Pepper	
1 +/-	Pinches	Kosher Salt	To Taste

CHERRY-ROSEMARY SAUCE

1	Large	Shallot	Fine Dice
3	Cloves	Garlic	Minced
1	Cup	Bing Cherries (Fresh / Frozen / Canned)	Thawed
2	Tbsp	Cherry Preserves (Bonne Maman)	
1/2	Cup	Low Sodium Chicken Stock (Swanson)	
2	Tsp	Honey	
1	Tsp	Fresh Rosemary Leaves	Chopped
2	Tbsp	Lemon Juice	
1	Tbsp	Unsalted Butter	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	This Duck is crisp and very tender PLUS you end up getting about 2 to 3 cups of WONDERFUL Duck Fat to save and use later during other cooking adventures.
HINTS	Depending upon where (whom) you purchase this Duck from, the "name" may change. It may also be known as a Long Island Duck.
FACTOID	Ducks, all originating from cold climates, will have a thick layer of fat beneath their skin. Natures way of helping them keep warm in the winter. Unfortunately, this extremely flavorful fat renders during the cooking process, making the Meat greasy. This process addresses the problem.
TOOLS	<ol style="list-style-type: none"> 1) Small Mixing Bowl 2) Large Stainless Roasting Pan & Rack 3) Sharply Pointed Paring Knife 4) Small Sauce Pan & Lid 5) 4 Cup Glass Measuring Cup 6) Large Serving Platter
PREP	DISH 1) Preheat the oven to 300 degrees with a rack in the lower third.
PREP	SAUCE 1) Finely dice the Shallot and set it aside. 2) Mince the Garlic Cloves and set them aside. 3) Chop the Rosemary Leaves and set them aside. 4) Juice the Lemon and set it aside.

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1	DUCK: Rinse the Duck inside and out and pat it dry with paper towels. Trim any excess Fat from the Neck and Cavity, snip off the Wing Tips and discard. In a small mixing bowl, whisk the tablespoon of Salt and the Pepper together, and sprinkle the Duck inside and out. Using a sharply pointed paring knife, poke dozens of tiny slits through the Skin and Fat (taking GREAT care to NOT pierce the Meat) all over all parts of the Duck.
HINT	Pull the Skin slightly away from the Meat with your fingers and pierce down through the skin only with the knife point. As soon as the Skin begins crisping, do not attempt to pull it away from the Meat any more when piercing.
2	DUCK: Place the Duck, breast side up on a rack in a large stainless roasting pan and roast it for 1 hour. Take the Duck out of the oven, transfer it to a large platter and carefully drain the Fat from the roasting pan into a glass measuring cup (you'll end up getting 2 to 3 cups). Return the Duck to the pan, prick it with the knife again, turn it Breast side down and roast it for another hour. Repeat the rotating / draining / pricking process each hour, roasting the Duck for a total of 4 1/2 hours.
3	DUCK: After 4 1/2 hours of roasting, raise the oven temperature up to 350 degrees, prick the Duck Skin one last time, lightly Salt the Skin again and return the Duck to the oven, Breast side up. Roast for 30 minutes or until the skin is nicely browned.
OPTION	While this Recipe makes use of a "custom" Cherry-Rosemary Sauce, substituting a Recipe: Sauce - Plum Sauce or a Recipe: Sauce - Pomegranate Sauce will alter the recipe into a definite Asian (i.e. Crispy Duck) flare.
1	SAUCE: During the last 30 minutes that the Duck cooks, in a small saucepan over medium heat, heat 1 tablespoon of the reserved Duck Fat and cook the Shallots until they are soft, about 4 minutes. Add in the Garlic and cook it until fragrant, 1 minute more. Add in the Cherries, Chicken Stock, Cherry Preserves, Honey and Rosemary, and simmer them until slightly thickened, about 10 minutes. Remove the mixture from the heat, add in the Lemon Juice, swirl in the Butter until it melts and taste it for Salt and Pepper. Cover and set it aside until the Duck is finished.
SERVE	Remove the Duck from the oven and tent it loosely with foil and let it rest for 20 minutes. Gently reheat the Sauce over low heat. Carve the Duck, put the pieces on a serving platter and serve with the Sauce on the side.
HINTS	Use up a bit of your reserved Duck Fat as a substitute in any Bacon Fat Fried Veggie side dish. You'll NEVER want to use Bacon Fat for Fried Veggies again (STILL use those wonderful crumbled Bacon Bits in each recipe though). Recipe: Vegetable - Fried Asparagus With Bacon. Recipe: Vegetable - Bacon, Brussels Sprout & Potato Hash. Recipe: Vegetable - Shoestring Green Beans W/Bacon & Almonds. Recipe: Etc. Etc.