



What's Cooking Pascal?

Duck à l'Orange

Ingredients for 4 persons

1 duck (about 5 pounds)
2 tablespoons vegetable oil
Salt to taste
Freshly ground pepper to taste



Sauce

2 tablespoons butter
3 tablespoons flour
1 ½ ounces glace de canard (or concentrated chicken stock dissolved in water)
1 ½ cup water
2 tablespoons sugar
1 ½ cups fresh orange juice
3 tablespoons Bärenjäger

Garnish

3 oranges, peeled and sliced
2 mangoes, peeled and sliced
4 bananas, cut in half and sliced
4 slices of pineapple
¼ cup unsalted butter
½ cup candied orange peel (see recipe of September 2005, Poached Pear)

Preparation

Preheat oven to 475°F. To prepare the duck for roasting: cut off the wing tips, remove the fat from the tail section and truss the duck. Put the duck, oiled, salted and peppered, in a non-stick roasting pan. Place it in the oven on lower rack and reduce heat to 425°F. Cook for 1 hour and 20 minutes. Turn the duck and prick with a fork to allow fat to drain during cooking.

Sauce. In a small pan, over medium heat, melt the butter. Stir in the flour and cook for 1 minute. Mix in the glace de canard (or chicken stock). Stir in the sugar, orange juice and Bärenjäger, cook for 15 minutes to reduce by half. Add salt and pepper to taste.

Garnish. Sauté each fruit, except orange peel, in butter until golden brown in color.

To serve, place the duck on the platter, garnish with sautéed fruit and candied orange peel. Pour a few tablespoons of sauce over the duck and serve the rest in a bowl.

Bon Appétit,