

View from the Fridge – Recipes from Brian Donkin

Recipe # 36 – Roast duck with Black Olives and Chablis

Preparation time: 10 mins – Cooking time: 90 mins

Ingredients

1 domestic duck about 1.5 kg
1 tablespoon flour
Beef stock
1 tablespoon of oil
1 wine glass black olives
1 wine glass Chablis
1 level tablespoon tomato puree
salt and pepper

Use deep tight fitting roasting tray

Method

1. Rub the oil into the duck and season with salt and pepper
2. Place in roasting tray leg side up in pre-heated oven (210 c)
3. Roast for 30 minutes and then remove excess fat from tray into a bowl
4. Turn on its other leg and roast for a further 30 minutes and again remove excess fat.
5. Turn onto its back and roast for another 30 minutes, removing excess fat.
6. Remove from oven and put aside to rest for 10 minutes, leaving the juices in the roasting tray.
7. Stir in the flour and the beef stock to the juices in the roasting tray, bring to the boil and simmer for 10 minutes and then strain into pot.
8. Put pot on stove, pour in strained sauce. Stir in tomato puree, add olives and Chablis, reduce by a third.

Carving the duck

1. Remove legs with knife and split on the joint
2. Cut off two thick wing pieces and you will now be left with breast. This is to be cut into 4 pieces – first split lengthwise and cut these two pieces in half

Plate up and pour sauce over duck. Serve accompanied by Flemish style peas and roast potatoes

Serves 3/4

See next page for picture /.

