



## ROAST DUCK

Served with Pancetta, Orange and Cardamom stuffing

### Ingredients

1 x 2.5 – 3 kg tunnel boned duck  
4 x brown onions finely diced  
2 x clove garlic crushed  
200g piece of pancetta cut into batons  
10 golden shallots, peeled and roasted  
Zest of 2 oranges  
1 x teaspoon cardamom powder  
2 x cups almond meal  
6 x sprigs fresh thyme  
Extra virgin olive oil  
Sea salt and cracked black pepper

### Method

1. In frypan heat 2 tablespoons of olive oil.
2. Add the onion and garlic and sauté for approx 5mins or until translucent.
3. In separate frypan cook pancetta on low heat until the fat has rendered out.
4. Combine with onion and garlic.
5. Transfer into large mixing bowl, add the orange zest, cardamom roasted shallots, fresh thyme and the almond meal.
6. Mix well to combine.
7. Season with salt and pepper.
8. Add extra virgin olive oil if your mixture is too dry.
9. Set aside.
10. Pre heat oven 220°C.
11. Prepare the duck by removing any excess moisture with absorbent paper.
12. Fill the cavity of duck with prepared stuffing. Secure with kitchen string.
13. Rub the duck with extra virgin olive oil and season with sea salt and cracked pepper.
14. Place the duck in a roasting tray that has been lined with baking paper.
15. Cook for approx 1 hour and remove from oven.
16. Allow resting for 15 – 20 minutes.

