



FARMERS MARKET

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Rosemary and Orange Slow-Roasted Duck

Serves 4

Ingredients

For the Duck

1 5 – 6 Pound duck, defrosted, if frozen
Kosher salt and freshly ground black pepper
2 fresh rosemary sprigs, about 5 inches long
½ orange, cut into 4 pieces
½ yellow onion, cut into 2 pieces

For the Sauce

3 tbl. minced shallot
1 cup dry white vermouth
½ cup unsalted chicken stock
3 – 4 tbl. unsalted butter, softened
½ tsp. chopped fresh rosemary
½ tsp. finely grated orange zest
Kosher salt and freshly ground black pepper

Roast the Duck

Position a rack in the center of the oven and heat the oven to 325 degrees on a convection oven or to 350 degrees without convection.

Remove the duck's wing tips, if necessary, and any giblets (save the parts for stock, if you like). Rinse the duck well inside and out, and trim any excess skin and fat. Season the duck well inside and out with salt and pepper. Stuff the cavity with the rosemary, orange, and onion. Tie the legs together with kitchen twine.

Put the duck breast side up on a rack set in a flameproof, heavy-duty roasting pan. Roast the duck until the skin is richly browned and crisp and the meat is fork tender when poked with a fork, about 3 hours. Transfer the duck to a carving board, and let rest while you make the sauce.

Make the Sauce

Pour off all but a couple of teaspoons of fat from the roasting pan. Put the pan over medium heat and add the shallot; cook, stirring, until softened but not browned, 2 to 3 minutes. Stir in the vermouth and stock, scraping the bottom of the pan to loosen any browned bits. Raise the heat to high and boil until reduced to about 2/3 cup, 5 to 7 minutes. Remove from the heat and vigorously whisk in the butter 1 tbl. at a time. Strain through a fine-mesh strainer into

a sauce boat or other vessel. Whisk in the rosemary and orange zest, and season to taste with salt and pepper.

Credit: finecooking.com