

# easy carve duck with spiced cranberry & smoked bacon stuffing

roast



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

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*cooking time from: 1 hour 45 mins*

## method

On the day of roasting, place your duck in a deep roasting tray, pat dry and bring to room temperature.

Preheat your oven to 160°C fan-assisted or 180°C without a fan (gas 4).

Season generously with fine sea salt then cover with foil and roast for 1 hour 20 minutes.

Remove the foil and increase the oven temperature to 200°C fan-assisted or 220°C without a fan (gas 7) and roast uncovered until brown and crisp for approximately 25 minutes or until reaches a core temperature of 65°C before resting.

Remove from the oven and place onto a clean tray and keep warm by covering with the foil.

Rest for 30 minutes before removing the strings and carving.

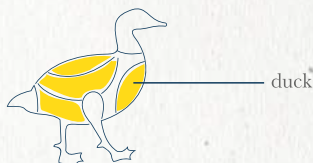
**Alternatively** air fry on 160°C for 1 hour or until reaches a core temperature of 65°C before resting.

## serving suggestions

Serve with roasted potatoes and spiced red cabbage.

## for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C



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