



# yorkshire wolds duck

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

*cooking time from: 1 1/2 hours*

## method

Remove your duck from the packaging, prick the skin all over with a fork then scald the skin by pouring a kettle full of boiling water over the bird resting on a wire rack over the sink then leave to air dry for a hour before seasoning with good quality sea salt.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.

Place in the centre of the oven and roast for 25 minutes, then reduce the heat to 160°C for fan-assisted or 180°C for ovens without a fan (gas 4) & roast 20 minutes per 500g basting with its own fat 2-3 times whilst roasting reaching a core temperature of 65°C before resting.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil. Rest for a minimum of 20 minutes before carving.

## serving suggestions

Serve with roast potatoes & braised red cabbage.

## for best results, roast this cut

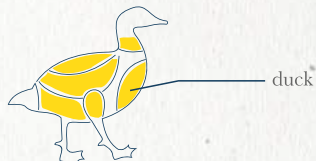
Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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