



mallard

roast



cooking time from: 30 minutes

method

Remove your mallard 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 sea salt.

Preheat your oven to 230°C /210°C fan-assisted (gas 8).

Place the mallard in a roasting tray into the centre of the oven and roast for 30 to 40 minutes, basting with its own fat 2 to 3 times whilst roasting. Reduce the oven temperature a little if the bird is getting too dark.

Once roasted, remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

Rest for a minimum of 15 minutes before carving.

serving suggestions

Serve with game chips, braised red cabbage, watercress & bread sauce.

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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