

Duckling with orange sauce (*caneton bigarade*)



cal 3125 KJ	kcal 744 kcal	fat 60.1 g	sat fat 17.1 g	carb 11.8 g	sugar 9.3 g	protein 39.9 g	fibre 0.1 g	*
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	4 portions	10 portions
duckling, 2 kg	1	2–3
butter	50 g	125 g
carrots	50 g	125 g
onions	50 g	125 g
celery	25 g	60 g
bay leaf	1	2–3
small sprig thyme	1	2–3
salt, pepper		
brown stock	250 ml	625 ml
arrowroot	10 g	25 g
oranges	2	5
lemon	1	2
vinegar	2 tbsp	5 tbsp
sugar	25 g	60 g



- 1 Clean and truss the duck. Use a fifth of the butter to grease a deep pan. Add the mirepoix (vegetables and herbs).
- 2 Season the duck. Place the duck on the mirepoix.
- 3 Coat the duck with the remaining butter.
- 4 Cover the pan with a tight-fitting lid.
- 5 Place the pan in the oven at 200–230°C.
- 6 Baste occasionally; cook for approximately 1 hour.
- 7 Remove the lid and continue cooking the duck, basting frequently until tender (about a further 30 minutes).
- 8 Remove the duck, cut out the string and keep the duck in a warm place. Drain off all the fat from the pan.
- 9 Deglaze with the stock, bring to the boil and allow to simmer for a few minutes.
- 10 Thicken by adding the arrowroot diluted in a little cold water.
- 11 Reboil, correct the seasoning, degrease and pass through a fine strainer.
- 12 Thinly remove the zest from half the oranges and the lemon(s), and cut into fine julienne.
- 13 Blanch the julienne of zest for 3–4 minutes, then refresh.
- 14 Place the vinegar and sugar in a small sauteuse and cook to a light caramel stage.

- 15 Add the juice of the oranges and lemon(s).
- 16 Add the sauce and bring to the boil.
- 17 Correct the seasoning and pass through a fine strainer.
- 18 Add the julienne to the sauce; keep warm.
- 19 Remove the legs from the duck, bone out and cut into thin slices.
- 20 Carve the duck breasts into thin slices and dress neatly.
- 21 Coat with the sauce and serve.

An alternative method of service is to cut the duck into eight pieces, which may then be either left on the bone or the bones removed.

Key point

Baste the duck during cooking; the butter will give it flavour.



HEALTHY EATING TIP

- Use the minimum amount of salt to season the duck and the final sauce.
- Take care to remove all the fat from the roasting tray before deglazing with the stock.
- Reduce the fat by removing the skin from the duck, and 'balance' this fatty dish with a large portion of boiled potatoes and vegetables.

* Using butter