

Basic Duck a l'Orange

6 Servings

Ingredients:

1 whole 5-6 lb duck
1/2 cup red wine
1 tablespoon orange zest
1 teaspoon minced garlic
3 tablespoons vegetable oil
1 tablespoon starch from white flour
1 1/4 cups strained fresh orange juice
1 tablespoon honey
1/4 teaspoon ground ginger
1/8 teaspoon pepper
1 cup peeled segments of oranges

Directions:

Puncture duckling generously with fork; place on rack in roasting pan.
Pour most of the red wine over duckling pieces.
Roast in slow oven (325F), basting occasionally, allowing 25 minutes/pound.
In medium saucepan, saute orange peel and garlic in oil.
Mix in flour until smooth.
Slowly add orange juice, honey and remaining wine.
Simmer 1 minute.
Mix in ginger, pepper and orange sections; simmer 5 minutes.
Serve hot sauce with roast duckling, and a Cabernet Sauvignon if preferred.