

ROAST DUCK WITH ORANGE

Equipment:

Measuring Spoons

Measuring Cup

1 Qt Glass or Microwave safe plastic bowl with cover

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients:

4 - 2 -

4 1/2 lb. duck 2.5 kg

1/4 cup bottled fruit (orange) sauce 50 ml (for poultry)

2 tbsp orange liqueur or orange 25ml

juice

1 can Mandarin oranges, 1

(11 oz.) drained, optional (284 ml)

Procedure:

1. Pierce skin of duck liberally with a fork to allow grease to drain from duck.
2. Combine fruit sauce and orange liqueur or orange juice; set aside.
3. Place duck breast-side down on microwave roasting rack set in a 2 1/2-quart (2.5 L) shallow oval casserole dish.
4. Cook duck at **P4** 30 minutes; drain.
5. Turn duck breast-side up.
6. Brush half of sauce on duck.
7. Cook at **P4** 30 - 35 minutes, or until duck is done.
8. Brush with remaining sauce.
9. Drain occasionally.
10. Let stand, covered, 10 minutes before serving. Garnish with oranges.