

Canard a l'Orange (Duck with Orange Sauce)



INGREDIENTS

For 4 persons

1 Duck of 2 kg
30 ml of oil
Salt
50 gr of carrots in large cube
100 gr onions sliced in 4

Sauce à l'orange :

25 gr of sugar
30 ml of red wine vinegar
1/2 litre of thick Duck stock (or brown veal stock in powder).
2 oranges
50 ml of Grand-Marnier (liqueur of l'orange)

Garniture :

4 oranges



Offered by Chef Damien (<http://www.750g.com>):

PREPARATION

1- Cook the Duck :

Salt the duck and brown on all faces in a cast iron casserole
Add the carrots and onions

Cover with lid and cook in a hot oven at 180°C for 60 minutes and turn the duck from time to time and pour cooking juice over it.

2- Prepare the sauce :

Collect the orange zest from the oranges and cut in thin slices. 'Blancher' 3 times the zest in water starting from cold water to remove bitterness of the peel

Reduce the sugar and vinegar until you have a caramelised mixture. Add the Orange juice and Grand Marnier.

Add the duck stock. Simmer for 5 minutes and add salt if necessary. Put through a sieve. Simmer and add the 'blanch' orange peel zest.

3- Prepare Garniture :

Peel the oranges and take segments that you heat in the sauce just before serving the dish.

Suggestion

Buttered root vegetables or 'Petits Pois' are ideal accompaniments.

Wine suggestion: Young red wine such Burgundy, Beaujolais Village or Sancerre rouge (all available at la Cave).

Bon appétit!