

Duck A L'Orange

INGREDIENTS	METHOD
Duck	
1 tablespoon kosher salt 1 teaspoon ground coriander ½ teaspoon ground cumin 1 teaspoon black pepper 1 (5 to 6 pound) duck 1 juice orange, halved 4 fresh thyme sprigs 4 fresh marjoram sprigs 1 small onion, cut into 8 wedges ½ cup dry white wine ½ cup duck or chicken stock (homemade) ½ carrot ½ celery rib	Put oven rack in middle position and preheat oven to 475°F. Stir together salt, coriander, cumin, and pepper. Pat duck dry and sprinkle inside and out with spice mixture. Cut one orange half into quarters and put in duck cavity with thyme, marjoram, parsley, and 4 onion wedges. Squeeze juice from remaining half of orange and stir together with wine and stock. Set aside. Spread remaining 4 onion wedges in roasting pan with carrot and celery, then place duck on top of vegetables Roast 30 minutes. Pour HOT wine mixture into roasting pan and reduce oven temperature to 350°F.* Continue to roast duck until thermometer inserted into a thigh registers 170°F Broil duck until top is golden brown, about 3 minutes. Tilt duck to drain juices from cavity into pan Transfer duck to a cutting board, reserving juices in pan Let duck rest 15 minutes
Sauce	
⅓ cup sugar ⅓ cup fresh orange juice 2 tablespoons white-wine vinegar ⅛ teaspoon salt 1 to 4 tablespoons duck or chicken stock 1 tablespoon unsalted butter, softened 1 tablespoon all-purpose flour 1 tablespoon fresh orange zest (optional) (pieces made with vegetable peeler) 2 tablespoons heavy cream	While duck roasts, cook sugar in a dry 1-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar melts into a deep golden caramel Add orange juice, vinegar, and salt (use caution; mixture will bubble and steam vigorously) and simmer over low heat, stirring occasionally, until caramel is dissolved Remove syrup from heat Discard vegetables from roasting pan Pour pan juices through a fine-mesh sieve into a 1-quart glass measure or bowl Skim off and discard fat Add enough stock to pan juices to total 1 cup liquid Stir together butter and flour to form a beurre manié Bring pan juices to a simmer in a 1- to 2-quart heavy saucepan Add beurre manié, whisking constantly to prevent lumps Add orange syrup and zest and simmer, whisking occasionally, until sauce is thickened slightly, and zest is tender, about 5 minutes Add warm cream just before serving Serve with duck
optional	
2 tablespoons (+ or -) Brandy or Cognac	Before adding cream, add brandy to hot sauce and flambe until flames die Add warm cream and serve immediately

* WARNING: One time I poured in the not-so-hot wine mixture and the Pyrex roasting pan exploded. What a mess! I'm very glad that I had taken the duck out of the oven before I poured in the liquid!



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