

Orange Glazed Whole Roast Duck



Ingredients

For the Glaze and Stuffing:	For the Duck:
1 orange, zested, cut into quarters with 1/4 juiced	1.8 – 2kg whole duck
1/2 cup light soy sauce	3 teaspoons salt
1/2 cup hoisin sauce	1 tsp freshly ground black pepper
1 tbsp honey	
1/2 bunch fresh coriander, roughly chopped	
2 large apples, peeled and roughly chopped	
2cm fresh ginger, thinly sliced	
1 cinammon stick	
1 tbsp fennel seeds	
2 star anise	

Directions

Step 1 – Remove the duck from the fridge, remove the neck and giblets and reserve for another use. Rinse the duck under running water, rinsing the cavity, then pat dry with paper towel. Allow the duck to come to room temperature for around an hour, then season generously with salt and pepper.

Step 2 – In a small saucepan, combine the juice from 1/4 of the orange with the soy sauce, hoisin sauce and honey, simmer over a medium heat until the glaze reduces slightly. Set aside.

Step 3 – In a large bowl, toss together the remaining orange quarters and zest, coriander, apple chunks, ginger, cinnamon stick, fennel seeds and star anise, then stuff the cavity of the duck. Secure the cavity closed with a wooden skewer.



Step 4 - Heat the BBQ to medium heat (180 - 200°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, place your briquettes or charcoal around the outside of the grill, keeping the centre clear as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 5 – Place the duck onto the grill away from direct heat (or on the roasting rack in a Weber Q) and glaze liberally with the glaze. Close the lid of the BBQ and cook the duck for 45-50 minutes, glazing every 15 minutes. Using a digital thermometer, check the internal temperature of the duck and ensure that it reaches an internal temperature in the thickest part of the breast of at least 70°C. Cover the duck with foil if it starts to burn during cooking.

Step 6 – Once the duck is cooked, remove from the BBQ and allow to rest for 5 minutes before carving. Discard the stuffing.

BBQSPLUS

