

Roasted Duck with Orange Pomegranate Sauce

The following list of ingredients prepares one delectable roasted duck:

- 1 (5 1/2-pound) duckling
- 1 cup pomegranate jelly
- 1 teaspoon salt, plus pepper to taste
- 1 tablespoon orange juice
- 1 white onion, chopped
- 1 tablespoon orange zest

Preparing the duck

Preheat oven to 425 degrees.

Sprinkle the inside and outside of the duck with salt and pepper to taste. Chop the onion into medium-sized pieces, and place inside the bird. Truss the bird and prick the skin with a knife. Take care to dry the bird thoroughly before placing in the oven.

Roasting the duck

With the breast-side facing upwards, place the duck in a roasting pan in the center rack of the oven for 15 minutes until lightly browned. Then, lower the temperature to 350 degrees and roast the duck for at least one hour, or up to one hour and 25 minutes. Using a bulb baster, occasionally baste extra fat from the roasting pan.

When cooking juices from the fattest part of the thigh or drumstick run a faint rose color when the bird is pricked with a fork or knife, the duck is cooked to medium rare. You can also tell it has reached this level of doneness and when the duck is lifted and drained, and the last drops of juice from the vent are pale rose. If the bird is well done, these juices will be a pale yellow color.

Serving the duck

When the duck has reached the desired level of doneness, remove it from the oven. Take off and throw away the trussing strings. Move the bird from the roasting pan to a serving platter, and allow it to rest for at least 10 minutes prior to carving

Garnishing the duck

While the duck rests, prepare the sauce to accompany it. In a small saucepan, combine the pomegranate jelly, orange juice, and orange zest. Bring the mixture to a boil, then strain and serve alongside the duck.

Chef's Tip: Make sure to select a duck with a good skin that remains taut and intact after processing. Holes in the skin can cause fat to bubble out of the duck during roasting, streaking the skin and ruining the presentation. A good, hole-free skin will ensure that the fats distribute evenly throughout the meat during cooking, providing you the most flavorful roast duck.

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