

ROASTED DUCK

2T. Sesame Oil
1 whole duck

Sauce:
3T. pomegranate syrup
2T. fresh grated ginger
1t. sea salt
1/2t. ground white pepper
juice of 1 lemon
zest of 1 lemon
1t. xanthan gum
5 cloves roasted garlic

Choose a baking dish that is longer than the length of the duck and whose side walls have a vertical height of approximately 2". Fill it with water and place on a rack that is slid into on lowest position in the oven. Place another rack in the next highest position and pre-heat the oven to 375°.

Mix all ingredients for the sauce and set aside to thicken. Rinse and trim the excess skin and fat from the duck. Remove the organs and neck. Snip off the ends of the wings at the first joint. Work your fingers in between the skin and the flesh as best you can without tearing the skin. Coat the inside and outside of the duck, as well as in between the skin and flesh and down toward the drumstick with the thickened sauce. Place a vertical roasting wrack inside the duck's cavity, which conducts the heat inside more easily to insure a moist duck and shorter cooking time. The duck will not fit in the oven standing vertically on the rack, but lying on its side with the roaster inserted, speeds up cooking time, too. Now cross the legs of the duck and truss them with cotton twine. So the wings do not burn, tie them against around the broadest part of the duck's body with another piece of twine.

To prevent sticking, carefully coat the hot, upper oven rack with sesame oil using a pastry brush, dish-towel or paper towel. Place the duck directly on the preheated top rack. Be sure it is positioned entirely over the oven dish, when the rack is slid back into the oven. For safety, be sure no fat lands on the bottom of the oven, but instead all falls into the dish



on the bottom wrack. Roast the duck for one hour before turning it and brushing the top with some of the remaining sauce.

Continue to roast for 3 more hours. Refill the baking dish with water when it is less than 1/2" high. For safety, do not let all the water evaporate! Lower the heat and turn the duck again at any time if one side is getting too brown.



Remove from the oven and allow the duck to rest for at least 10 minutes before carving.