

ROAST DUCK WITH APPLE STUFFING

Serves 4

INGREDIENTS:

- 1 Whole Ducko duck
- 3 Cups peeled, cored and chopped apple
- 3 Cups cornbread crumbs
- 3 Tablespoons chopped onion
- 1 Tablespoon olive oil
- ½ Tablespoon butter
- 1 Teaspoon poultry seasoning
- ½ Teaspoon Chinese 5 Spice seasoning
- 5 Stalks celery, chopped
- Salt and Pepper (to taste)



METHOD

1. Preheat oven to 220°C.
2. Rinse whole Ducko duck and pat dry. Rub with salt, pepper and poultry seasoning.
3. Melt butter in a small skillet over medium heat. Sauté onion and celery in butter until tender.
4. In a medium bowl, combine the onion and celery mix with the apple and cornbread crumbs and Chinese 5 Spice seasoning. Mix together to make dressing (if necessary, add a little water to moisten).
5. Fill the duck's cavity with stuffing and close by binding end of legs together.
6. Rub outside of bird lightly with olive oil, and place in a shallow roasting pan, or baking dish.
7. Bake in preheated oven for 60 to 80 minutes, or until core temperature reaches 80°C.
8. Slice the duck and arrange on serving plates.



DUCKO FOODS