

Technically this was over budget as the Duck was £5 although it was on special offer. But we?ll get a second meal out of the leftovers. This is one of those recipes that you might never have the time to try at home. But it was Bank Holiday Monday and we enjoy pottering in the kitchen together. Also it was an excuse to mangle a wire coat hanger to create a pivoting Duck Hanging. Which will live in our utensil draw and probably give us a chuckle further down the line.

Ingredients:-

1 Whole Duck
3 Tbsp of Honey
4 Tbsp of Shaoxing Wine
2 Tbsp of Spirit Vinegar
3 Thumbs of unpeeled Ginger
3 Tbsp of Cornflour
3 Tbsp of Chinese 5 Spice
4 Tbsp of Soy Sauce (Gluten free for us)
2l Litres of Water

Method:-

(1) If your Duck is frozen thaw it overnight in the fridge.
(2) Remove any excess skin from the tail area.
(3) In a very large pan bring the Water to the boil, adding the Ginger, Vinegar, Soy Sauce, Shaoxing Wine and Honey. Stir to dissolve.

(4) Mix the Cornflour with a little water and add to the mixture in the pan.
(5) Dunk the Duck in the heated mixture and spoon the mixture over the Duck. Make sure the Duck is fully immersed and that the fat under the skin is rendered.
(6) Repeat the process for a further couple of minutes.
(7) Hang the Duck in a cool place with a fan directed at it.
(8) Place a pan underneath the Duck to catch any dripping.
(9) Rotate the Duck occasionally. It will take about 5 hours for the skin to become taught.
(10) Rub the entire skin with 5 Spice.
(11) Pre heat the over to 190c and place the \Duck on a roasting rack on the middle shelf.
(12) On the bottom shelf on the over place a deep roasting tray full of water. This effectively steams the Duck, keeping the meat moist.
(13) Roast the Duck for 1 hour, rotating 2 to 3 times.
(14) Cook until tender. 175C if you have a probe.

We served ours with lots of salad, Asian dips and Gluten free wraps to replace the Wonton Wraps.