

**CHEF RAYMOND'S SPRING 2016
FAMOUS LESSON LUCHEON SERIES
CLASS #4 – DUCKIN' OUT AGAIN**

ROAST DUCKLING - (Serves 2 - 4)

- 1 Duck, 5 to 5 ½ Pounds
- ½ Cup Orange Juice
- 1 Onion, Large Dices
- 1 Carrot, Large Dices
- 1 Stalk Celery, Large Dices
- 1 tsp. Thyme
- Salt, To Taste
- White Pepper, To Taste

SELECT AND PREP

Choose a large duck of 5 to 5 ½ pounds. **C&D** or **Mapleleaf** are 2 excellent brand choices, and can be found in most freezer sections of any good grocery.

Thaw the duck thoroughly and remove it from the plastic bag. Wash it thoroughly under cold running water. Remove innards and reserve them for stock. Remove excess fat from body cavity and cut excess neck skin off. Remove wing tips and drumstick knobs (optional), and reserve for stock. Pat duck dry with paper towel. Place duck on a bed of large diced carrots, onions, and celery. Rub duck gently with orange juice. Sprinkle (do not rub) salt, white pepper, and thyme, liberally, over entire duck.

ROASTING

Roast duck, in the center of a 325 °F pre-heated oven, until browned. (About 2 hours). If duck is browning too fast, turn your oven down. This **slow** roasting is the secret to a moist, non-greasy duck. When the top has browned nicely, turn duck over and brown the bottom. (About 1 hour). After the bottom is browned, turn the duck back over and finish the roasting process for another 15 minutes to an hour. **Test for doneness:** When you can turn the drumstick bone, fairly easily, inside of the flesh, the duck is done. Either serve immediately, or cool for later use. The duck will keep, wrapped in a cool refrigerator, for up to 5 days. Pour fat from pan and retain for later use. De-glaze pan and reserve for later use (Duck Stock).

BONING THE DUCK

Starting with a cooled duck, run the point of a sharp boning knife from the top of the neck hole to the cavity on either side of the breastbone. Turn the duck over. Run the knife, again, from one end to the other, alongside of the backbone. Return to upright position. **Carefully** run your fingers between the breast meat and breast bone on one side of the duck. Work your way down the side and around to the back, until half of the duck has come away from the bone. Repeat the process on the other half of the duck. Reserve bones for stock.

RE-HEATING DUCK HALVES

Fill the cavity of the duck with your favorite dressing. Place stuffed duck (stuffing side down) on a baking pan, on which it will fit comfortably. Pour water, about ½ to ¾ of an inch deep, in the pan. Place in the top of a 450 °F pre-heated oven until very crisp, and the water has evaporated. Serve immediately, portioning ¼ to ½ of the duck, per person.

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SAGE STUFFING

- 3 Cups Seasoned Croutons
- 1 ½ Cup Chicken Stock
- ¼ tsp. Thyme
- 1 Bay Leaf
- 1 tsp. Rubbed Sage
- 1 Dash White Pepper
- 1 Dash Cayenne
- 1 Small Onion, Diced
- 1 Stalk Celery, Diced
- 1 Egg
- Butter

Combine chicken stock, seasoning, onion, and celery in pot and bring mixture to a boil. Place the croutons in a non-reactive bowl and pour the stock mixture over them. Fold mixtures together until they are mixed, but, still have some pieces of crouton left. Fold in the egg. Bake in a well-buttered dish at 350°F until brown (about 20 minutes). Serve in a nice dish or cool for stuffing into halved birds.

DUCK STOCK

- Duck Bones, Broken Up (reserved from “prep “ and “boning” steps)
- Innards, (reserved from “prep” step)
- De-glazed Liquid Carrots & Onions (reserved from “roasting” step)
- 1 Carrot, Large Dice
- 1 Onion, Large Dice
- 1 Stalk Celery, Large Dice
- 3 Cloves Garlic
- 1 tsp. Peppercorns
- 1 tsp. Thyme
- 2 Bay Leaves
- 2 Cloves

Combine all ingredients in a stockpot that will hold them comfortably. Bring to a simmer, slowly. Cook at a **very slow simmer for at least 6 hours**. Strain and skim fat from the top. Reduce to 2 cups.

RASPBERRY-WALNUT SAUCE

- 2 Cups Duck Stock
- 3 Tbsp. Duck Fat (reserved from “roasting” step)
- 5 Tbsp. Flour
- ¾ Cup Raspberry Preserves
- 1 Tbsp. Raspberry Vinegar
- 1 Tbsp. Sugar
- Salt to taste
- White Pepper to taste
- ½ Cup Walnuts

Put the duck stock on to boil. Meanwhile, make a roux by whisking the flour into the duck fat. Cook the roux 6 to 8 minutes, or until it starts to brown and has a nut-like odor. Whisk the roux into the slowly boiling stock, a tablespoon at a time, until the sauce is at your desired consistency. Season the sauce with salt and pepper until it tastes like good old fashion gravy. Whisk in the raspberry preserves, raspberry vinegar and sugar. Simmer for 5 minutes longer. Serve hot with duck. Top with Walnuts. **(Always serve the sauce under the duck to keep the skin crisp.)**