



ANATRA AL FINOCCHIO SELVATICO

(Duck with Wild Fennel Flowers)

Ingredients:

- 1 duck
- 10 sage leaves
- 3 garlic cloves
- 2 rosemary sprigs
- 2 teaspoons wild fennel flowers
- 2 teaspoons salt
- 1 teaspoon pepper

Directions:

Preheat oven to 400 degrees Fahrenheit.

Mince the sage, rosemary, garlic, fennel flowers, salt and pepper. Rub the mixture onto the duck, both inside and outside. Massage the outside for 10 minutes.

Place in a roasting pan (breast side down) and bake for at least 1 hour. Turn the duck over and drain off the fat. Bake for another hour.