



ANATRA ALL' ARANCIA

(Duck with Orange)

Ingredients:

- 1 duck
- 150 gr. sugar
- 150 ml water
- 4 oranges
- 1 lemon
- 3 garlic cloves
- 1 onion
- 1 celery stalk
- 1 rosemary sprig
- 2 teaspoon salt
- 1 teaspoon pepper

Directions:

Zest 1 orange into large pieces. Set the zest aside and cut the orange in half. Rub the duck for about 5 minutes with the orange halves. Combine the salt, pepper, rosemary and garlic in a bowl. Rub this onto the duck, both inside and outside. Put the orange zest inside the duck. Cut the celery and onion into large pieces and place them in a roasting pan with the duck (breast side down) along with the juice of another orange, let the stuffed duck rest in the refrigerator for twenty-four hours.

Place the duck in a preheated oven of 400 degrees Fahrenheit for 2 hours. While it is baking, zest 3 other oranges and reserve. After one hour turn the duck over and drain off the fat. Cut one orange in half and squeeze the juice over the duck. Roast for another hour.

Cut the reserved orange zest into small strips. Put the strips in a pot and cover them with water and bring to a boil. Then drain, rinse, and put them back in the pan and repeat two more times.

Place a mixture of sugar and water in a large pan and caramelize until it reaches a light brown colour. Add to it the juice squeezed from the 3 remaining oranges and the zest and cook for a few minutes. Then turn off the stove.

When the duck is finished, cut it into pieces and place them (skin-side up) into the pan over the caramelized orange zest. Cook for about five minutes.