

## Wood Fired Duck Seasoned with Garlic and Fennel

Serves 4 – 6

### Ingredients

1 size 18 Duck  
3 cloves of garlic  
1 tsp fennel seeds  
Some pieces of dried wild fennel  
2 tsp sea salt  
cracked white pepper  
olive oil

### Method

To gain the best flavour from your duck you need to season it the day before and refrigerate overnight. To clean the duck, pull out any excess fat from inside the cavity and drain any juices from the duck. Cut away part of the fatty flap around the nose and cut 2/3 of the neck off with a heavy knife or cleaver.

Pound the garlic, fennel and one teaspoon of salt in the mortar and pestle. Put the remaining salt in a little bowl and crack lots of pepper into it. Make 4 incisions in the duck, two on the inside of the legs and roll over and make 2 cuts under the wings on the backside of the duck. Rub the fennel and garlic mixture all over the outside and inside the cavity of the duck along with some pieces of the wild fennel. Also place some garlic and fennel mixture into the incisions that you have made. Repeat the same process with the salt and pepper mixture.

Light your wood fired oven at least 1 ½ hours before you intend cooking the duck. You need to allow the fire to heat the oven well to begin with, but then you want the fire to die down to coals before cooking the duck. Place the duck on a cake rack inside a baking tray. The duck will take approximately 50 - 60 minutes to cook. While it is cooking you need to baste it with olive oil. You must keep a constant eye on it in the oven and turn it every 10 – 15 minutes, so as not to let it burn and to enable a good colour on all sides. Once it is cooked, allow to rest in a warm place for 15 minutes and then portion the duck into about 12 pieces using kitchen scissors or a heavy kitchen knife. Ladle over some of its own juices from the baking pan.

This can also be cooked in a normal oven. Preheat your oven at 200°C, and follow the same cooking process as above.

