



Citrus Inspired Whole Duck

For the Brine:

- 1 Tablespoon sugar
- 1/2 cup kosher salt

Mix well with 2 quarts of cold water

Brine a 5 to 6 pound duck for 12 - 15 hours

After brining, rinse duck thoroughly inside and out with cold water. pat dry.

Score skin in a diamond pattern being careful not to cut into the meat.

Poke fatty spot with a knife. No need to poke or score legs.

Turn wing tips under.

Lightly sprinkle with salt.

Stuff cavity with

- 1 small lemon
- 1 small orange
- 2 large cloves of sliced garlic
- 1 large sprig of parsley

Place duck breast side up on rack of roasting pan. Roast at 425 degrees for 15 minutes.

Lower heat to 350 degrees and roast for an additional 60 to 70 minutes or until kitchen thermometer reaches 155 degrees in breast.

Remove from oven and rest 15 minutes before carving.

By removing from the oven at 155 degrees and resting for 15 minutes, this ensures meat temp will rise to 165 degrees, the industry standard for poultry temps.