LEVEL

1

ROAST DUCK WITH TURNIPS, MUSHROOMS, AND PRUNES

Canard rôti aux navets, pruneaux et champignons

Serves 6

Active time

1½ hours

Cooking time

1½ hours

Equipment

Trussing needle

Butcher's twine

Chinois

Ingredients

Cider-soaked prunes

3½ oz. (100 g) prunes

1⅔ cups (400 ml) dry hard cider

Roast duck

1 duckling, weighing 5½ lb. (2.5 kg), dressed and gutted (see technique p. 360), neck, feet, and wing tips reserved

3½ tbsp (50 ml) grape-seed oil

½ tbsp (8 g) unsalted butter

Fine sea salt and freshly ground pepper

Turnips and mushrooms

3½ lb. (1.5 kg) long white turnips

1 stick (4 oz./120 g) unsalted butter, diced and divided

Sugar

10½ oz. (300 g) small button mushrooms

Juice of 1 lemon

Scant ½ cup (100 ml) grape-seed oil

Fine sea salt and freshly ground pepper

Duck jus

5 tbsp (2½ oz./70 g) salted butter

Scant ½ cup (100 ml) apple cider vinegar

1¼ cups (300 ml) dry hard cider

¼ cup (1¾ oz./50 g) superfine sugar

Cracked black pepper

Fine sea salt

PREPARING THE CIDER-SOAKED PRUNES

Pit the prunes and place them in a large bowl. Bring the hard cider to a simmer in a saucepan, then pour it over the prunes. Let soak until soft and plump.

ROASTING THE DUCK

Preheat the oven to 350°F (180°C/Gas Mark 4). Season the duck inside and out with salt and pepper, then truss it (see technique p. 364). Roughly chop the neck, feet, and wing tips and place in a Dutch oven with the grape-seed oil and butter. Set the duck on top (1) and season with a little more salt and pepper. Roast the duck, uncovered, for 50 minutes, turning it over and basting it every 15 minutes (2).

PREPARING THE TURNIPS AND MUSHROOMS

Meanwhile, peel and turn the turnips to give them an oval shape (see technique p. 460). To glaze them, place them in a skillet with 5 tbsp (3 oz./80 g) of the butter, a little salt, and a generous pinch of sugar. Add enough water to just cover the turnips, then cover them with a piece of parchment paper cut to fit snugly inside the pan. Cook over low heat until the turnips are tender and all the liquid has evaporated. Continue to cook until glazed and golden. Trim the bases off the mushrooms and toss with lemon juice to coat. Warm the grape-seed oil in a skillet over high heat until shimmering, add the mushrooms, and sauté briefly until browned. Stir in the remaining 3 tbsp (1½ oz./40 g) butter, season with salt and pepper, and remove from the heat.

PREPARING THE DUCK JUS

Heat the salted butter in a large saucepan until it browns and has a nutty aroma. Remove the duck from the oven and transfer it to a serving platter. Remove the twine, cover the duck with aluminum foil, and let it rest while you prepare the jus. Place the Dutch oven over medium-high heat to brown the juices and the bits stuck to the bottom. Holding the pot with a towel or oven mitt, tilt it to remove the excess grease (3). Deglaze with the cider vinegar and hard cider (4). Strain through the chinois into a clean saucepan and whisk in the sugar until dissolved, then whisk in the browned butter. Season with cracked black pepper and adjust the salt, if necessary. Keep warm in a bain-marie.

TO SERVE

Briefly reheat the prunes, turnips, and mushrooms together in a skillet. Place the duck in the center of a serving dish and arrange the garnishes evenly around it. Serve with the jus on the side.



1



2



3



4

Trussing Duck with a Needle and Twine

Ingredients
1 dressed duck (see technique p. 360)
Seasonings of your choice

Equipment
Trussing needle
Butcher's twine



1 • Season the inside of the duck, if not already seasoned. Thread the needle with a long piece of twine, then push it through one thigh at the joint and out through the other thigh at the same level.



4 • Pull the ends of the twine together tightly and tie them with a double knot.



7 • Tie the twine tightly in a double knot.



2 • Push the needle through the wing on the same side as the previous exit point.



5 • Thread the needle with another long piece of twine. Tuck the rump (parson's or pope's nose) and excess skin into the cavity, then push the needle through from one side to the other.



8 • The duck is trussed and ready to be cooked.



3 • Pull the loose neck skin over the neck cavity. Push the needle through the neck skin and the top of the breast, then out through the opposite wing.



6 • Push the needle in above the drumsticks and out through the opposite side.

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