



**Miele**

# 5-day aged honey roasted whole duck

By Miele

**10 minutes, plus ageing time**

Preparation time

**1 hour, plus resting**

Cooking time

**6**

Serves

## INGREDIENTS

2 kg whole duck  
Bi-carb soda  
2 tsp salt flakes

### Honey glaze

270 g ( $\frac{3}{4}$  cup) honey, such as a  
Leatherwood variety  
2 star anise  
1 cinnamon quill  
1 tsp juniper berries  
Pinch saffron threads  
1 tsp cardamom pods  
1 tsp white peppercorns  
4 cloves

## METHOD

### Ageing process

1. Ensure all hands, utensils, and equipment are cleaned and sanitized. It is extremely important that this is followed throughout the ageing process.
2. Wipe and pat the duck dry and remove the wing tips.
3. Clear some space in your refrigerator. Place the duck on a cake rack, with a tray underneath filled with bi-carb soda. This will absorb the odour and moisture.
4. The longer the duck is given to age, the dryer the skin will become. The ageing process will concentrate the flavour of the duck.
5. Once the duck is aged to your liking, remove it from the refrigerator and commence the cooking process.

### Roast duck

1. Cut the neck off right before the breast.
2. Place the honey and spices in a small saucepan and place over medium heat, induction setting 6. Heat to just below a simmer then set aside for the flavours to infuse.
3. Rub the honey generously over the duck making sure that it is completely covered. Holding the duck by the end of the legs, sprinkle a generous amount of salt evenly over the entire duck.
4. Place on the grilling and roasting insert in the universal tray. Insert the Food probe fully into the breast.
5. Preheat on Fan Plus at 200°C. Once the oven is pre-heated, turn it off, then on.
6. Place the tray on shelf position 2 and create a User Programme:

Stage 1: Select Moisture Plus at 200°C with 1 burst of steam for 15 minutes.

Stage 2: Select Fan Plus at 170°C + Core temperature at 48°C

7. Remove from the oven and allow to rest for at least 15-20 minutes. This will result in a medium-rare finish. Carve the breast and legs off the body and serve.

### Hints and tips

- Keep the carcass and any other leftover meat to use for the next day in the duck and porcini pie recipe.
- The minimum amount of time I recommend ageing the duck is 4 days.
- If you are unable to source Leatherwood honey, any other good quality honey can be substituted.