

Roast Mallard/Wild Duck

Ingredients:

- 2 Oven Ready Mallard/ or other Duck
- 2 Shallots / 1 Onion
- 1 Orange
- Butter

Sauce:

- 2oz Butter
- 2 teaspoons Arrowroot mixed with the juice of Lemon/Orange
- Salt and freshly ground Pepper

Method:

To roast the birds, rub the skin with butter and inside each put shallot and half an orange. Put the birds onto a rack over a roasting tray with a pint of water in it. Roast in a pre-heated oven at 425°F/180°C for about 45 minutes.

Make the sauce by melting the butter and using the liquid from the roasting tray when the birds are cooked, stir a little of this hot liquid onto the arrowroot mixture then pour this back into saucepan and stir until it boils. The juice from the orange that is inside the birds can be used in the sauce as well. Season to taste with salt and pepper – a little Sauterne can be added if sauce is too thick. The arrowroot gives a clear sauce – serve this separately.