



# DUCK ROAST WITH APPLES AND PRUNES

## Ingredients

1 whole duck 2kg  
1 tbsp. salt  
1 tsp. sort peber

## Filling:

3 apples cut into boats  
200 g prunes without stones

## Fried apples with prunes:

25 g butter  
450 g apples cut into boats  
200 g prunes without stones  
4 stalks fresh thyme  
2 tbsp. honey  
1 tps. apple cider vinegar  
Salt and ground black pepper



## Course of action

1. Preheat the oven to 175 degrees C °.
2. Rinse other both outside and inside, dry with paper towel.
3. Rub the other thoroughly outside and inside with salt and ground pepper. Fill the duck with apple boats and prunes and tie it together with frying string.
4. Place the duck with the breast facing down on an oven rack. Place the grill with the duck on top of a baking pan. Put in the middle of the oven and fry with the brisket facing down for 1.5 hours. Turn the duck and continue for 1 hour. Insert a meat needle at the upper thigh and check if the meat juice is ready. Let the second rest for 20 min. before cutting.
5. Meanwhile, make the apples. Melt the butter in a large pan and let it simmer. Add apples, prunes and thyme and let it cook over even heat for approx. 15 min. until the apples are tender. Season with honey, apple cider vinegar and salt and pepper.
6. Divide the other into the thighs, upper thighs, wings and chest. Then cut the breast into slices. When serving, place the pieces in an ovenproof dish and grill for approx. 5 min. in the middle of the oven for crispy skin. Sprinkle with extra salt.

Tip: Add if necessary. 10 dl water for the frying pan, so you have a cloud for the duck sauce.



## CARAMELIZED POTATOES

*4 people*

*Preparation time: 1 hour*

### **Ingredients**

1 kg small potatoes

1 dl sugar

25 g butter

a bit duck fat (can be omitted)



### **Course of action**

1. Take the potatoes out of the glass and let the liquid drip.
2. Spread the sugar evenly over a cold pan.
3. Let the sugar melt completely without stirring - if you do, lumps will form.
4. When the sugar has melted, add the butter. Turn the pan up over high heat and pour the potatoes on the pan.
5. Remove the potatoes from the jar. Brown the potatoes over medium to high heat for about 5-6 minutes. Gently flip them occasionally. If you have a little duck fat left over, add a little of it to the potatoes.
6. When the sugar is evenly distributed on the potatoes and they have a smooth appearance they are done.