

Duck Roasted Over Ceylon Cinnamon



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SPECIAL NOTES This recipe requires 2 days lead time.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014



Used Teas



Gourmet Ceylon
Supreme

Ingredients

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- 1 x Large Muscovy duck



Wet brine

- Cold water
- 30ml fish sauce
- 2kg brown onions, chopped and really well roasted
- 30g Dilmah Single Region Ceylon Supreme tea
- 1 lime, zest
- 1 lemon, zest

Methods and Directions

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- Prepare the wet brine by boiling the water and allowing it to become completely cold.
- Add the other brine ingredients and completely submerge the duck.
- Soak for at least 8 hours but no longer than 24.
- Remove the duck from the brine and allow it to hang uncovered in a cool room for 24 hours.
- It will drip liquids so you will need to place a bowl underneath.
- It is important that the duck is not touching anything so that the skin can dry out completely.
- If roasting over coals, prepare your fire well in advance of roasting the duck so that the coal can form (never use briquette's or heat beads) and roast the duck for about 1 ½ hours; if you like a good smokey flavour add pieces of wood to your coals from time to time.
- I used Ceylon cinnamon wood from the estate for my preparation.
- If roasting in the oven preheat your oven to 210°C, place your duck breast side up and on a large roasting tray, place it in the oven and roast for about 45 minutes to 1 hour 15 minutes.