

Roasted Spatchcock Duck with Honey Garlic Lemon Sauce

PREP TIME	15 minutes
COOK TIME	2 hours
TOTAL TIME	2 hours 15 minutes
COURSE	Main
SERVINGS	4

INGREDIENTS

- 4-4.5 pound duck oven ready
- 1 tsp salt
- ½ tsp black pepper
- 2 Tbsp honey
- 2 cloves garlic minced
- Zest of one lemon

INSTRUCTIONS

- Prep and combine garlic, lemon and honey. Set aside.
- Bring the duck to room temperature 30 minutes before you want to start cooking. Remove the giblet package for later use. (They make great gravy.)
- Time to spatchcock. Lay the duck on a board, breast side down and with the neck furthest away from you. Grab the tail using poultry shears or a heavy duty sharp knife cut through the ribs as close to the backbone as possible. Repeat the cut on the other side of the backbone. Turn the duck over with the breast uppermost and press down hard on the breastbone to flatten the duck completely. Trim off neck skin and any excess fat. (Duck fat is perfect to use for frying or roasting potatoes.)
- Using a knife poke holes in the skin all over but not into the flesh.
- Place the duck on a large oven tray with rack. Sprinkle salt and pepper over the skin.
- Preheat the oven to 310 F. Roast for 1 hour and 30 minutes.
- Remove the duck from the oven and increase the heat to 350 F. Spread the honey mixture over the duck.
- Return to the oven for another 30 minutes.
- Transfer the duck to a serving plate and let it rest under foil for 15 minutes before carving.