

BÄCO DUCK

1 WHOLE DUCK

DRY MARINADE

1/4 TSP CUMIN SEEDS
1/4 TSP CARAWAY SEEDS
1/4 TSP CORIANDER SEEDS
1 CLOVE OF GARLIC
1 TSP FRESH THYME LEAVES
SUGAR
CAYENNE PEPPER

GLAZE

4 CLOVES
1/4 TSP CARDAMOM PODS
1/2 CUP FRESH ORANGE JUICE
1/2 CUP SOY SAUCE
1 TBSP HONEY
1 TSP BAHARAT (SEE NOTE)
1 PINCH OF RED PEPPER FLAKES
1 TBSP BUTTER

TOAST THE CUMIN, CARAWAY, AND CORIANDER SEEDS IN A SMALL, DRY FRYING PAN FOR 2 MINUTES, SHAKING THE PAN UNTIL YOU SMELL THE SPICES. GRIND INTO A COURSE POWDER IN A SPICE GRINDER OR MORTAR AND PESTLE.

FINELY CHOP THE GARLIC CLOVE. MIX WITH SALT, PEPPER, THYME LEAVES, 1 TSP OF SUGAR, A PINCH OF CAYENNE PEPPER, AND THE GROUND SPICE MIXTURE.

USING A VERY SHARP KNIFE (I USE A SUSHI KNIFE) CAREFULLY SCORE THE BREASTS OF THE DUCK IN A CROSS-HATCH PATTERN, CUTTING THE FAT BUT NOT THE FLESH BENEATH. PRICK THE LEGS WITH A SHARP FORK.

RUB THE DRY MARINADE OVER THE DUCK AND LEAVE UNCOVERED AT ROOM TEMPERATURE FOR 4 HOURS. RINSE THE DUCK TO REMOVE THE SEASONING. PAT DRY WITH PAPER TOWELS AND REFRIGERATE OVERNIGHT.

PRE-HEAT OVEN TO 425°

PLACE THE DUCK ON RACK AND ROAST, BREAST SIDE UP, FOR 30 MINUTES. TURN THE DUCK OVER AND ROAST ANOTHER 30 MINUTES.

TURN THE DUCK AGAIN SO IT'S BREAST SIDE UP. ROAST ANOTHER 30 MINUTES.

MEANWHILE, COMBINE ALL THE INGREDIENTS FOR THE GLAZE EXCEPT THE BUTTER IN A SMALL SAUCEPAN AND REDUCE FOR ABOUT 12 MINUTES OR UNTIL IT IS A SYRUPY CONSISTENCY. STIR IN THE BUTTER.

DURING THE LAST SEVERAL MINUTES, PAINT THE DUCK WITH A THIN LAYER OF GLAZE. ROAST AROUND 5 MORE MINUTES OR UNTIL THE DUCK IS A DARK MAHOGANY. ALLOW TO REST FOR FIFTEEN MINUTES BEFORE SERVING.

SERVES 4

BAHARAT

2 TBSP CUMIN SEEDS
1 TBSP CORIANDER SEEDS
1/2 TSP CARDAMOM SEEDS

2 TBSP FRESHLY GROUND PEPPER
2 TBSP SWEET PAPRIKA
1 TBSP GROUND CLOVES
1 TBSP FRESHLY GRATED NUTMEG
1 TBSP DRIED MINT

TOAST CUMIN, CORIANDER, AND CARDAMOM SEEDS IN A SMALL, DRY FRYING PAN FOR 2 MINUTES, SHAKING OCCASIONALLY TO KEEP FROM BURNING. GRIND COARSELY IN A SPICE GRINDER OR A MORTAR AND PESTLE. COMBINE WITH THE REMAINING INGREDIENTS. STORE IN A COOL DARK PLACE FOR UP TO A MONTH.