

BRAISED DUCK

ONE DUCK (5-6 POUNDS)
FRESH THYME
BAY LEAF
1/2 CUP OF WHITE WINE
2 CUPS OF VEAL STOCK OR
4 CUP OF RICH CHICKEN STOCK
8 MEDIUM CARROTS
2 LARGE RED ONIONS
8 MEDIUM CARROTS
PARSLEY

PRE-HEAT OVEN TO 425°

RINSE OUT THE DUCK CAVITY. DRY INSIDE PAPER TOWELS. PULL OUT FAT GLANDS. SALT AND PEPPER. STICK THREE SPRIGS OF THYME AND ONE BAY LEAF INSIDE . TRUSS DUCK OR TIE LEGS TOGETHER WITH BUTCHERS TWINE.

HEAT 4 TBSPS OF OIL IN AN AU GRATIN PAN ON A MEDIUM FLAME.

DRY THE DUCK WITH PAPER TOWELS, SALT AND PEPPER. PLACE ON ONE SIDE AND ROAST IN THE OVEN FOR 20 MINUTES. HALFWAY THROUGH, PRICK THE SKIN WITH A SHARP FORK TO RELEASE THE FAT. TURN AND REPEAT ON THE OTHER SIDE.

MEANWHILE, PEEL AND SLICE THE ONIONS LENGTHWISE IN 8THS. PEEL AND CUT CARROTS IN 2-INCH LENGTHS ON THE DIAGONAL.

IF YOU'RE USING CHICKEN STOCK, REDUCE THE 4 CUPS TO 2 CUPS.

WHEN YOU'VE BROWNEED THE DUCK, REMOVE TO A PLATE. POUR OFF MOST OF THE FAT, LEAVING ABOUT 4 TBSPS.

SCATTER THE VEGETABLES AND THE LEAVES FROM 4 SPRIGS OF THYME IN THE PAN. COOK FOR TEN MINUTES ON LOW HEAT OR UNTIL VEGETABLES BROWN SLIGHTLY.

NESTLE THE DUCK, BREAST SIDE UP, AMONG THE VEGETABLES. POUR IN 1/2 CUP OF WHITE WINE AND LET IT COOK OFF.

REDUCE HEAT TO 375° AND ROAST IN THE OVEN FOR 30 MINUTES, PRICKING THE SKIN A FEW TIMES WITH A SHARP FORK.

PLACE THE DUCK ON A PLATE. TAKE OUT THE VEGETABLES WITH A SLOTTED SPOON AND RESERVE. POUR OFF THE DUCK FAT AND SAVE FOR ANOTHER USE.

RETURN THE DUCK TO THE AU GRATIN DISH. CHOP PARSLEY AND TOSS WITH THE COOKED VEGETABLES. SPOON AROUND THE DUCK.

SERVE WITH RICE PILAF, FARRO OR WHITE CANNELLINI BEANS.

SERVES 4

WINE FROM DOMAINE L.A.

I SERVED WITH THE DUCK A **CERASUOLO DI VITTORIA 2009** FROM AZIENDA AGRICOLA COS. CERASUOLO IS THE ONLY DOCG IN SICILY. IT IS A VIBRANT RED, WITH BRIGHT RED CURRANT FRUIT AND JUST ENOUGH DRIED FIG AND TOBACCO TO GIVE IT STRUCTURE AND A SATISFYING MOUTH-FILLING FEE. IT IS A BLEND OF 60% NERO D'AVOLA AND 40% FRAPPATO AND AT \$31 IS A BARGAIN.