

Duck á la Orange

Since duck was obtainable most of the year, it was usually served as part of the game course at a formal Victorian dinner.

Ingredients Utensils

(1) 5 to 6 lb. duck

Cooking Utensils

knife and cutting board

roasting pan with rack

Serving

serving plate

serving fork

serving spoon

Make the orange sauce (see recipe below). Preheat the oven to 450°F. Place the duck on the rack in the roasting pan. Place the pan in the oven and immediately reduce the temperature to 350°F. Cook 20 minutes per pound, about 1 3/4 to 2 hours. Remove the duck from the oven and place on the cutting board. Heat the orange sauce. Carve the duck and place the pieces on the serving plate. Pour the orange sauce over the duck and serve hot.

For the orange sauce

Ingredients

1 1/4 cup Chicken or beef stock

1 small onion

4 strips of orange peel

3 basil leaves

1 Seville orange

salt

black pepper

1 glass port wine

Cooking Utensils

knife and cutting board

measuring cup

wooden spoon

cookpot

strainer

bowl

glass

This dish is seasoned to taste. Make the chicken or beef stock.. Good chicken or beef stock can be bought at the store. Peel the orange and cut the peel into strips. Juice the orange and strain the juice. Peel and slice the onion. The dish can be prepared up to this point in advance. Place the onion in the cookpot with the stock, orange peel, and basil. Simmer on the stove over low heat 15 minutes or until the stock tastes strongly of the orange peel. Strain the stock into a bowl then return it to the pan along with the remaining ingredients. Thoroughly heat the sauce over low heat until it is at the boiling point. Serve hot.