THE DELICIOUS DUCK Handbook
Your helping hand to perfect duck
Deliciously simple

We believe that cooking with duck makes a meal much more memorable and is far easier to cook than you may think. That’s why we have worked with our Development Chef Vernon Blackmore to put together some simple, step by step cooking guides for duck breast, duck legs and whole duck. With these simple cooking tips under your belt you can try one of our many delicious recipes. We hope you enjoy them as much as we do.

For more inspiring and simple duck recipe ideas and how-to videos visit:
www.gressinghamduck.co.uk

Our farms

From our Red Tractor assured farms here in beautiful East Anglia we rear the remarkable Gressingham Duck®, a unique breed that first came about when the small but flavourful wild mallard was crossed with the larger Pekin duck. This gave a meaty, succulent duck with more breast meat, less fat and a rich gamey flavour.

We breed, hatch, rear and then prepare the Gressingham Duck® by hand from Red Tractor assured farms here in the neighbouring counties of Suffolk and Norfolk. Our ducks are reared free-to-roam in light airy barns with access to water for bathing as well as natural light and fresh air. They are given a fresh bedding of straw every day and have continuous feed and fresh water throughout the day.

Look for the Red Tractor logo for a sign of quality food you can trust.
How to cook duck breasts

A STEP-BY-STEP GUIDE

After you have preheated your oven to 220°C, Fan 200°C, Gas Mark 7, remove all packaging and...

1. Pat the skin of the duck breast with a kitchen towel to remove excess moisture.

2. Score the skin with the sharp knife.

3. Season with salt and ground pepper.

4. Place skin-side down on a cold pan on a medium heat for 6-8 minutes or until golden brown. Pour off the fat regularly and seal the other side for 30 seconds.

5. Place skin-side up on a rack in a roasting tin in the middle of the oven.

6. When the duck is cooked to your liking rest in a warm place for 10 minutes.

All ovens vary in performance, this is a guide only.

INGREDIENTS:
- 2 x Gressingham Duck® breasts
- Salt and pepper
- 200g sweet potatoes
- A handful of fresh coriander, chopped
- A knob of butter
- ½ tsp ground nutmeg

METHOD:
1. Peel the sweet potatoes and cut into large diced pieces.
2. Next, steam or simmer the sweet potatoes until tender.
3. While the potatoes are cooking you can prepare the duck by scoring the skin six to eight times with a sharp knife and season on both sides with sea salt.
4. Place the duck breasts skin-side down in a pan on a low to medium heat (no oil) and cook for about 6 minutes or until the skin is golden and crisp. Turn the breasts over and quickly seal.
5. After pouring off any excess fat put the duck in a roasting tray skin-side up and place in the preheated oven. Cook in a preheated oven (220°C, Fan 200°C, Gas Mark 7) for 10-20 minutes depending on how you like your duck, from rare to well done. Then remove the duck from the oven and leave to rest for 5-10 minutes (this is really important and makes the duck even more succulent).
6. While the duck is resting mash the sweet potato with the butter and nutmeg, and season well. Fold in the chopped coriander.
7. Serve with green beans and gravy.

SERVES 2

Cook time: 20 minutes

Ready in: 35 minutes

Prep time: 15 minutes

Rare 10 minutes Medium 15 minutes Well done 18 minutes

GREAT FOR: Quick and easy dining

All ovens vary in performance, this is a guide only.
Duck breast
WITH A HONEY, ORANGE & THYME GLAZE

INGREDIENTS:
2 Gressingham Duck® breasts
2 large oranges
10 new potatoes, boiled in salted water and then cut in half
2 cloves garlic
1 bunch of thyme
120g honey

METHOD:
1. Peel and segment one of the oranges and zest the other orange and squeeze the juice out. Set both aside.
2. Score the duck breasts and then place skin-side down in a pan on a low to medium heat (no oil) and cook for about 6 minutes or until the skin is golden and crisp. Turn the breasts over and quickly seal.
3. After pouring off any excess fat put the duck in a roasting tray skin-side down and place in the preheated oven. Cook in a preheated oven (220°C, Fan 200°C, Gas Mark 7) for 10-20 minutes depending on how you like your duck, from rare to well done. Then remove the duck from the oven and leave to rest for 5-10 minutes (this is really important and makes the duck even more succulent).
4. While the duck is in the oven place the pan back onto heat and add in the honey, orange juice and zest, garlic and half the thyme. Reduce the sauce by half. Add in the potatoes and the orange segments and continue to simmer until loosely sticky. Set aside.
5. Halfway through the cooking of the duck remove the duck from the oven and glaze the skin generously with some of the pan mixture. Return to the oven for the required time and when cooked take out and allow to rest for at least 5 minutes.
6. When you are ready to eat, bring the pan up to heat, divide the sauce and potatoes onto 2 plates. Carve the duck breast into 5 or 6 pieces and place on top. Serve with your favourite greens.

Duck stir fry
WITH PEPPERS & BLACK BEAN SAUCE

INGREDIENTS:
2 skinless Gressingham Duck® breasts, cut into 1 cm strips
1 small onion, roughly sliced
2 cloves garlic, finely diced
1 large red pepper, cut into 2 cm pieces
1 small thumb of root ginger, peeled and finely sliced into matchsticks
1 tbsp of light soy
2 spring onions, finely chopped into rings
250ml black bean sauce
2 tbsp vegetable oil
1 large handful spinach or pak choi
1 chilli, finely chopped (optional)
Salt and pepper

METHOD:
1. Heat the oil in a wok or large frying pan until hot.
2. Add in the duck and stir fry. If the duck appears to be drying out too quickly add a splash of water and continue to stir. After 1 minute take the wok off the heat and quickly remove the duck from the wok and set aside in a warm place.
3. Return the wok to the heat and add in the onions. Add a pinch of salt and a splash of water and fry for 1 minute. Be careful not to burn the onions; if the flame is too fierce turn down the heat a little and add another splash of water (about a teaspoon each time it is required).
4. Add in the peppers, ginger and garlic (and chilli if desired) and stir fry for another minute.
5. Afterwards, add the light soy and spinach or pak choi and stir fry for one more minute.
6. Now add the black bean sauce and bring up to heat until bubbling. Return the duck to the wok and cook for a further minute. Mix well and serve with plain rice. Garnish with the sliced spring onion.

PREP TIME:
5 MINUTES
COOK TIME:
15 MINUTES
READY IN:
20 MINUTES

GREAT FOR:
Alfresco suppers

Need a helping hand? Visit www.gressinghamduck.co.uk for our ‘how to’ videos.

GREAT FOR:
Entertaining friends
How to cook duck legs
A STEP-BY-STEP GUIDE

After you have preheated your oven to 180°C, Fan 160°C, Gas Mark 4...

INGREDIENTS:
- 2 x Gressingham Duck® legs
- 1 whole pomegranate (seeds removed) or 100g of pomegranate seeds
- For the glaze:
  - 100g clear honey
  - 100g marmalade
  - Juice and zest of 1 small orange
  - Juice and zest of 1 lemon
  - 1 tsp of sherry vinegar

METHOD:
1. Firstly prepare the duck legs by trimming off any excess fat.
2. Using a skewer or fork, prick the skin of the duck legs several times. Season with salt and pepper both sides. Place on a deep sided baking tray and put into a preheated oven (180°C or 160°C fan, Gas Mark 4) for 80 minutes.
3. While the duck legs are cooking you can prepare the glaze by placing all of the glaze ingredients into a small pan and bringing to the boil.
4. Simmer for approximately 3 minutes. Set aside.
5. After the duck legs have been cooking for 80 minutes, remove from the oven. Generously spoon the glaze over the duck legs, leaving some in the pan to finish the dish off. Add the pomegranate seeds to the remainder of the glaze in the pan and set aside in a warm place.
6. Return the duck legs to the oven for a further 10 minutes.
7. When the duck legs are ready, remove from the oven.
8. Place the duck legs onto each plate along with the vegetables. Spoon over the rest of the pomegranate glaze.
INGREDIENTS:
2 Gressingham Duck® legs
½ tsp of ground cumin
½ tsp of ground paprika
Salt and pepper
200g sweet chilli sauce for cooking and extra for dipping
150g mixed leaves

METHOD:
2. Season the duck legs with salt and pepper on both sides. Then mix the cumin and paprika together in a bowl and rub in to the legs.
3. Place the duck legs on a wire rack on a baking tray and put in them in the oven for approx 1 hour and 10 minutes. Remove from the oven and pour the chilli sauce over the legs and return to the oven at a lower temperature of 160°C, Fan 140°C, Gas Mark 3 for 20 minutes.
4. Take the duck legs out of the oven and allow to cool for a short period of time. Shred the duck with 2 forks and discard the bones. Divide the mixed leaves onto 2 plates and top with the shredded duck. Garnish with spring onions and serve with extra sweet chilli sauce.

PREP TIME: 5 MINUTES
COOK TIME: 90 MINUTES
READY IN: 95 MINUTES
**How to cook whole duck**

*A STEP-BY-STEP GUIDE*

After you have preheated your oven to 220°C, Fan 200°C, Gas Mark 7, remove all packaging from the duck and take the bag of giblets (if included) out of the body cavity. Weigh the duck without the giblets.

1. Pat the skin of the duck with a kitchen towel to remove excess moisture.
2. Prick the skin around the duck legs.
3. Season with salt and ground pepper.
4. Place on a rack in a roasting tray and roast in the middle of the oven for 20 minutes per 500g plus 20 minutes extra.
5. When the duck is cooked, cover with foil and rest for 10-20 minutes before carving.

All ovens vary in performance, this is a guide only.

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**Duck legs**

**WITH PLUM SAUCE, BUTTERNUT SQUASH & GREEN BEANS**

**INGREDIENTS:**
- 2 Gressingham Duck® legs
- 1 small butternut squash - peeled and diced
- 2 large potatoes - preferably Desiree - peeled and diced
- 40g butter
- 100ml milk
- 2-3 plums, stoned and roughly cut
- 100ml red wine
- ½ star anise (optional)
- 300ml beef stock
- 2-3 dessert spoons of plum jam

**METHOD:**
2. Pat the duck legs dry with kitchen towel and season. Then place on a roasting tray on a wire rack. Place in the oven for 90 minutes.
3. While the legs are cooking you can prepare the sauce by placing a pan on a high heat, add a dessert spoon of vegetable oil, when hot add in the plums and cook until slightly softened. Pour in the wine and star anise (if using) and reduce by 1/3. Add in the stock and jam, mix in and simmer for 10 minutes. Set aside in a warm place.
4. Boil the potatoes in water and place the squash on a baking tray, drizzle with olive oil and place in the oven for 25 minutes. When the potatoes and squash are cooked, mash with milk and butter.
5. When the duck is nearly ready, put the beans into boiling water for 5 minutes. Gently reheat the sauce and the mash and then serve with green beans.

**PREP TIME:** 10 MINUTES  
**COOK TIME:** 90 MINUTES  
**READY IN:** 100 MINUTES  

**GREAT FOR:** Autumnal suppers
Roast Duck

WITH HONEY & ROSEMARY JUS AND ROAST POTATOES

INGREDIENTS:

1 whole Gressingham Duck®
4 tbsp Gressingham Duck® fat (keep the fat from the duck after cooking in your fridge for next time)
1 kg roasting potatoes, peeled and cut ready for roasting
2 garlic bulbs
4 sprigs fresh rosemary
1 onion, roughly chopped
400ml chicken stock/water
250ml white wine
3 tbsp honey
50g butter

METHOD:

2. Prepare the duck as per our step by step guide. Place the duck on a trivet in a baking tray big enough to allow you to fit the potatoes around the duck and add the Gressingham Duck® fat.
3. Place the duck into the oven. After 45 minutes, place the potatoes in the tray, baste with the duck fat and add the rosemary, onion and garlic. Season with salt and place back in the oven. Every half an hour, turn and baste the potatoes with the duck fat.
4. When the duck is ready remove from the oven and keep warm. Remove the potatoes, baste with more duck fat and place back in the oven until cooked. Carefully pour off any remaining fat from the liquid in the baking tray into a heat-proof bowl and save for another time.
5. You will be left with the juices, garlic, rosemary and onion. Add the wine and bring to the boil scraping the bits off the bottom of the tray. Strain into another pan, add the chicken stock, and reduce by half or until it starts to thicken. Stir in the butter and honey. Taste for seasoning and sweetness, adjust accordingly and serve.

PREP TIME: 15 MINUTES
COOK TIME: DEPENDENT ON WEIGHT
READY IN: DEPENDENT ON WEIGHT
Now that we have given you a helping hand in cooking with duck, share your recipe creations with us on Facebook, Twitter or Instagram.

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