



JEAN CHRISTOPHE
NOVELLI®

DUCK IN JAFFA ORANGE SAUCE

Makes

4

Time

2
Hours

Level

Medium

Kcal

986
per portion

Our step-by-step guide

Step 1

Preheat oven to gas mark 7/220°C/fan 200°C.

Step 2

In a roasting pan, layer the sliced sweet potatoes and garlic. Place the duck on top of the potatoes. Roast for 45 minutes on the high heat.

Step 3

Remove the duck from the oven and reduce the temperature to gas mark 4/180°C/fan 160°C. Carefully pour the juices from the bottom of the pan into a bowl and dispose once cold.

Step 4

Place the duck back into the oven at the reduced temperature for 30-45 minutes, depending on size.

Step 5

When ready, remove the duck from the oven. Place the duck and potatoes onto a dish and cover with clingfilm to keep warm.

Step 6

Put the roasting pan on the hob and heat the juices. Add the cardamom pods and shallots and sweat until the shallots are soft. Then add the vanilla, honey, Jaffa orange juice, fennel seeds, grapefruit juice and reduce, on a high heat, for approx. 10 minutes to produce a thick sauce.

Step 7

Enjoy!

You will need

- 2 x Jaffa Oranges (juiced)
- 4 x Shallots (sliced)
- 3 x Large Sweet Potatoes (washed, unpeeled, cut into 2cm slices)
- 2 x Cardamom Pods
- 1 x Whole Duck
- 1 x Grapefruit (juiced)
- ½ x Garlic Bulb (unpeeled, halved widthways)
- ½ x Vanilla Pod (halved lengthways)
- 2 x TBSP Honey
- 1 x TSP Fennel Seeds

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IN YOUR BELLY

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