



Christmas duck Barbarie

amount	ingredients
1 piece	duck Barbarie
1 piece	big bowl
	salt (come to 1 liter of water 50g)
	no other are used
	<i><u>for the filling:</u></i>
1 piece	red, sweet appel
1 piece	red onion
1 piece	normal onion
4 pieces	cloves of garlic
much	Majoram spice
	mulled wine
	poultry stock
	big toothpick to close the duck
	baking sheet
	<i><u>for the garnish:</u></i>
1 kg	potatoes
100 ml	cream
pinch	salt & pepper
1 TL	butter
	<i><u>for decoration:</u></i>
	fir branches, apples, BIO orange

Preparation:

1

Wash the duck.

Take a bowl in which the duck has good space and is completely covered with water. In cold water, dissolve the salt with a whisk (50g of salt per liter of water)

I needed 10 liters of water for my duck, which means 500g of salt. This brine makes the meat wonderfully spicy and you do not need any other special spices.

Complain the duck well with any counterpart, so that she is completely underwater. I used a heavy glass frying pan so it would not float on the surface.

In this brine she stays now 24 hours !!!
Either in the fridge, in the basement or on the cold balcony.

2

After these 24 hours we took the duck out of the brine.
The duck I carefully dabbed with kitchen roll dry.



3

All materials for the filling were now cut into small pieces and mixed in a bowl with enough marjoram. The orange and the apples you can cut together with the shell.
Now this filling came in the duck. Nicely stuffed and always slightly pushed.



The filling releases taste and aromas in the duck.
Later we used a part of the filling for the matching sauce.
I closed the duck with long wooden toothpicks.

4

Next came the duck in the well-preheated oven.
At the beginning 90 minutes at 170 ° C upper and lower heat. On the bottom of the oven I put an aluminum sheet and on it a fireproof baking pan. In this I gave the rest of the filling, including the neck and with about 200 ml of mulled wine and 50ml of water was poured.
The duck came now carefully directly on the rust.

Into the baking pan then dripped the fat and the juice of the duck.



5

After 90 minutes I looked at the meat. The meat should give way, there should be no tension on it and it should have a light color. My duck was not finished after this time. She needed another 100 minutes.

Mr. C. and I sat impatiently and with glasses of wine excited in front of the oven and waited when finally the crunchy miracle was to be tried. It took us too long so we looked at a nice Christmas movie. I controlled the duck every ½ hour. For the past 30 minutes, I peeled the potato and cooked it in salted water, along with a cattle soup cube. I first took out the baking pan, along with the stuffing and the fat, added a little beef soup and cream, seasoned with salt and pepper and pureed everything in my Nutribullet to a nice sauce. I still tasted this sauce with spices - the sauce was ready. Once again properly cooked in a pot and the sauce was ready to serve.

6

In the meantime, Mr. C pureed the hot potatoes with cream and butter into a purée with the hand mixer.

The duck came on a silver tablet, on which I previously distributed small pine branches.

In addition, I decorated this tablet with fresh orange slices, apple slices and small red Christmas tree balls.

On our plates came now the duck breast with the Püre, which I dabbed with a syringe bag on the plate.

Now only a good wine was missing - took pictures and then we enjoyed it.

Buon appetite !



If you enjoyed my Christmas duck, I look forward to a feedback!

Fits naturally also as exquisite New Year's Eve dinner!



Lucina's tips:



Please make sure that the duck does not come from a fattening and is fresh.

It is very helpful to use long toothpicks to close the duck.

Be sure to immerse the duck in the brine for a full 24 hours and maintain the ratio of 1 liter of water to 50g of salt.



I wish good luck and

buonn appetit !!

Yours Lucina Cucina