

## Duck Recipe

### Recipe

1 (4 to 5 lb.) whole duck

salt, pepper, and garlic powder

Preheat oven to 425°F. Wash duck in cold water and remove excess fat. Dry the bird inside and out. Season the inside cavity and the outside of duck with salt, pepper and garlic powder.

Allow the bird to rest in the refrigerator for about 3 hours minimum. Remove duck and place breast side down on shallow baking sheet. Bake in 425 degree oven for 30 minutes.

Remove bird from oven and allow to cool for about 15 minutes, then take razor sharp knife and make shallow slits along the breast of both sides of the duck. Return to 300 degree oven for 45 minutes. Open the oven and slather bird with sauce and return to oven for 30 minutes.

Check temperature for 160 degrees near thighs and slather with another coat of sauce. Allow to cool for 15 minutes, then slice and serve with mashed potatoes and gravy.

Add a vegetable of your choosing

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### Sauce

1/4 cup sugar

1/4 cup White vinegar

1/4 cup frozen orange concentrate

1/4 cup water

salt and pepper, and add garlic powder to taste

In a heavy saucepan, combine sugar and vinegar. Cook the mixture over a medium flame until sugar melts and begins to caramelize.

Add the the orange concentrate, and liquid ingredients Add spices and cook for five minutes, stirring occasionally.