



Julie Zyromski

Mustard roasted duck

Portions: 4 to 6

Preparation: 25 minutes

Cooking time: 4 hours

4

LF

GF



Ingredients

1 Whole duck
60 ml (1/4 cu Old fashioned [Maille](#) mustard
30 ml (2 tbsp) [Maille](#) apple cider vinegar
30 ml (2 tbsp) Maple syrup
250 ml (1 cup) Fresh cranberries
2 to 3 Large sweet potatoes, diced
30 ml (2 tbsp) Olive oil
To taste Salt and pepper
To taste fresh tarragon

Steps

- 1 Pre-Heat oven to 425°F.
- 2 Take the duck out of wrapping, pat dry and with a sharp knife, remove all excess fat from the neck and legs.
- 5 Transfer the duck to your wire rack, then in the roaster.
- 6 Cook for 45 minutes, or until golden.
- 7 Remove from oven and turn heat down to 275°F.
- 3 In a small bowl, mix together the mustard, apple cider vinegar, maple syrup and a good amount (be generous) of salt and pepper.
- 4 Spread the mustard sauce all over the duck, covering all the fat of the duck.
- 8 Cover the duck with aluminum foil and return to oven for another 3 hours.
- 7 During that time, mix together the diced sweet potatoes, olive oil, cranberries and a good amount of salt and pepper.
- 8 Transfer to the roaster so it cooks with the duck when the duck has 30 minutes left.
- 9 Let the duck rest, uncovered, but close to the oven for 15 minutes before carving and serving.
- 10 Add a generous amount of tarragon all over the dish right before serving.