

ROAST DUCK WITH APPLE JELLY GLAZE

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
690 cal	8 g	37 g	56 g	165 mg	145 mg	23 mg

Ingredient

DUCK,WHOLE,READY TO COOK
 PEPPER,BLACK,GROUND
 BUTTER
 JELLY,APPLE
 JUICE,APPLE,CANNED
 JUICE,LEMON
 JUICE,ORANGE
 CATSUP
 VINEGAR,DISTILLED

Weight

100 lbs
 1/8 oz
 2 oz
 2 lbs
 13-1/8 oz
 2-1/8 oz
 4-3/8 oz
 6-1/3 oz
 1 oz

Measure

1/3 tsp
 1/4 cup 1/3 tbsp
 3 cup
 1-1/2 cup
 1/4 cup 1/3 tbsp
 1/2 cup
 3/4 cup
 2 tbsp

Issue**Method**

- 1 Wash duck thoroughly, inside and out, under cold running water. Drain well.
- 2 Rub cavity of duck with pepper.
- 3 Place duck, breast side up, in pans without crowding. Prick skin of duck.
- 4 Roast 1-1/2 hours at 325 F. Pour off fat frequently during roasting period.
- 5 Melt butter or margarine. Add apple jelly and canned apple juice. Stir to break up jelly; continue stirring until jelly is melted. Remove from heat.
- 6 Add lemon juice, orange juice, tomato catsup and vinegar. Stir until well blended. Increase oven temperature to 375 F.
- 7 Brush skin evenly with 1/2 of the glaze; roast 15 minutes. Repeat with remaining glaze; roast an additional 15 minutes or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.