



Honey-roasted duck with creamed cauliflower

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



1893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.6 kg duck
- ☐ 2 sprigs thyme leaves
- ☐ 2 bay leaves
- ☐ 4 tbsp honey
- ☐ 2 bunches watercress
- ☐ 1 head cauliflower
- ☐ 2 shallots finely sliced
- ☐ 1 knob butter

- ☐ 4 tbsp double cream
- ☐ 6 garlic clove
- ☐ 300 ml milk
- ☐ 4 servings vegetable oil for frying

Equipment

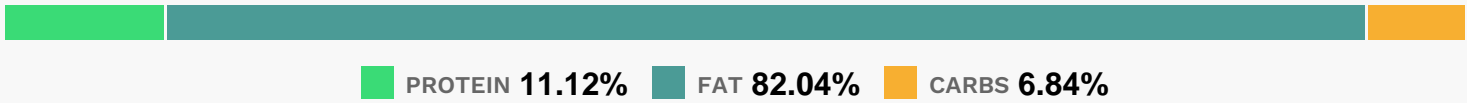
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Dry the duck with kitchen paper and liberally season all over with coarse salt.
- ☐ Put the thyme and bay leaves inside the cavity, then place the duck on a rack over a roasting tray.
- ☐ Cook for 10 mins or until the skin begins to turn golden, then reduce the heat to 180C/fan 160C/ gas
- ☐ Cook for a further 45 mins, basting the bird with honey every 5 mins or so for the final 20 mins of cooking. Your bird will now be roasted to medium cook 10 mins more, if you like your duck well done. Set aside to rest, uncovered, for 10 mins.
- ☐ Meanwhile, make the creamed cauliflower. In a pan, cook the cauliflower and shallots in the butter over a low heat for 20 mins until softened and any liquid has evaporated. Spoon into a liquidiser with the cream and whizz to a pure. Season and keep warm.
- ☐ For the garlic crisps, thinly slice the garlic cloves using a really sharp knife or a mandolin.
- ☐ Place the slices in a pan along with the milk and slowly bring to the boil.
- ☐ Remove from the heat and strain the garlic slices, discarding the milk (or save it for mashed potato). Leave the garlic to drain on kitchen paper. Cover the bottom of a frying pan with the oil and heat. Fry the slices, a couple at a time, until golden and crisp, then remove with a slotted spoon.

To serve, carve the duck and serve alongside the creamed caulifl ower and sprigs of watercress, sprinkled with the crisp garlic slices.

Nutrition Facts



Properties

Glycemic Index:77.32, Glycemic Load:12.75, Inflammation Score:-9, Nutrition Score:46.58739172894%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 1893.32kcal (94.67%), Fat: 172.77g (265.8%), Saturated Fat: 61.09g (381.84%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 28.84g (10.49%), Sugar: 25.2g (28%), Cholesterol: 341.52mg (113.84%), Sodium: 370.61mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.71g (105.42%), Vitamin C: 89.29mg (108.22%), Vitamin B3: 16.67mg (83.37%), Vitamin K: 81.94µg (78.03%), Selenium: 53.51µg (76.44%), Phosphorus: 730.64mg (73.06%), Vitamin B2: 1.1mg (64.47%), Vitamin B1: 0.93mg (62.3%), Vitamin B6: 1.2mg (59.99%), Iron: 10.67mg (59.27%), Copper: 1.05mg (52.36%), Vitamin B5: 5.21mg (52.13%), Potassium: 1512.62mg (43.22%), Zinc: 6.36mg (42.39%), Folate: 140.94µg (35.24%), Vitamin A: 1575.63IU (31.51%), Vitamin D: 3.89µg (25.94%), Magnesium: 99.65mg (24.91%), Vitamin B12: 1.45µg (24.18%), Vitamin E: 3.58mg (23.84%), Manganese: 0.47mg (23.29%), Calcium: 213.4mg (21.34%), Fiber: 3.56g (14.23%)