

Recipe adapted from *Favourite Welsh Recipes* by A. de Breanski Jnr.



## Welsh Salt Duck

1 frozen duck, 4-5 lbs. (bought 3-4 days in advance)  
6 oz. sea salt or Kosher salt

Buy the duck 3-4 days in advance of cooking. If the duck is purchased four days in advance, place in the refrigerator to begin the thaw. On the morning of the next day, remove the product packaging and place the duck in a tin foil baking pan. Wipe the duck with a paper towel. Then rub an ounce of the salt over the entire surface of the duck, top and bottom, and return the duck to the refrigerator. Repeat the salt process with another ounce of salt in the evening. Follow the same salting steps again the next day using two ounces in the morning and two in the evening.

On the day the duck is to be cooked, preheat the oven to 350F. Remove the giblets from the inside of the duck and wash the duck in cold water inside and out, rinsing off all the salt. Pat the duck dry with a paper towel and place inside of a casserole dish. Fill the casserole dish with water and cover with a lid.

Next boil a medium-sized pot of water on the stove. Once boiling pour the boiling water into a large roasting pan. Place the casserole dish into the roasting pan with the hot water and place it in the oven. Bake the duck for 2 to 2-1/2 hours or until a meat thermometer reads that it is done.

Once done, remove the duck from the oven and the casserole dish from the roasting pan. Use extreme caution as the water will contain grease and be extremely hot. Increase the oven's temperature to 450F. Using a strong set of tongs, remove the duck from the casserole and place on a rack set in the roasting pan (leaving the water and grease in the roaster). Return the roasting pan with the duck to the oven for another 20-30 minutes or until the skin is crispy and golden.

Serve the duck with Laver and Orange Sauce or with a Cabernet Beurre Blanc .