

# DUCK À L'ORANGE

## *with Turnips and Their Greens*

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*Think of a duck waddling under an orange tree chomping on turnip greens. Classic duck à l'orange is made with bitter Seville oranges. If these are unavailable, any other high-acid orange will work. We learned quite by accident that over-reduced orange juice takes on the bitter-sweet quality of the Seville orange. Adding a bit of good marmalade to your sauce will give it a similar punch. Basmati rice, with a handful of wild rice mixed in, is a nice accompaniment.*

### DUCK

- 4 duck legs
- Salt and freshly ground black pepper
- Finely chopped zest and juice of 4 large oranges, preferably Seville
- 2 tablespoons sugar
- 1 teaspoon dried thyme
- 1 bay leaf, crumbled
- 10 cups duck or chicken stock
- 2 orange zest strips

### SAUCE

- 1 shallot, minced
- Duck hearts and gizzards (optional)
- 1 thyme sprig
- 1 small bay leaf, crumbled
- 2 black peppercorns
- 1 orange zest strip
- 2 cups chicken or duck stock, heated

### TURNIPS AND GREENS

- 2 small bunches baby turnips with greens attached
- 1 tablespoon butter
- Pinch of sugar
- Pinch of salt
- Freshly ground black pepper

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- 1 sweet orange, peeled and sectioned or sliced into rounds

### TO PREPARE THE DUCK:

The night before serving, season the duck legs with salt and pepper and refrigerate.

The next day, make a glaze by combining the orange zest, juice, and sugar in a small saucepan and reducing until only a few table-

spoons remain. Strain out the zest. If you're not using Seville oranges, return the juice to the heat and continue to cook until the sugar begins to caramelize. This will give the glaze a marmaladelike bitterness that is similar to the flavor of Seville oranges. If you are using Seville oranges, caramelization is unnecessary. Remove from the heat and set aside.

Preheat the oven to 375°. Sprinkle the bottom of a pan that will just hold the duck legs with a little thyme and the bay leaf. Arrange the legs in the pan, skin side up, and roast for 1 hour. Baste the legs with the glaze twice during the last 15 minutes of cooking. Pour off the rendered fat and reserve it. Pour enough hot stock over the legs just to reach the skin. Add orange zest strips and continue to cook for 30 minutes. The legs are ready when the meat is tender and the skin is crisp and golden.

### TO PREPARE THE SAUCE:

Brown the shallot and innards in a little of the rendered duck fat. Add the thyme, a bit of crumbled bay leaf, peppercorns, and a strip of

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zest. Make sure no pith is attached. Add the stock and lower the heat to a simmer. Skim the scum frequently. Add more stock as the sauce reduces down. When no more stock remains, reduce the sauce to a spoon-coating consistency; this will take about 40 minutes. Add some reduced orange juice and adjust the seasoning. Strain through a fine strainer before serving.

### TO PREPARE THE TURNIPS:

Trim and wash the greens thoroughly. Scrub the turnips and peel them if the skin seems tough. Quarter the turnips, unless tiny enough to sauté whole, and sauté them in a little rendered duck fat and butter. When the turnips begin to color, add the sugar and salt and a little water. Cook until the turnips are tender and there is no more liquid in the pan, about 5

minutes. Just before serving, add the greens to the pan and toss until wilted. Season with salt and pepper.

### TO SERVE:

Serve the duck, orange sauce, orange pieces, turnips, and greens onto individual plates or a medium platter.

**SERVES 4**

