

Duck with orange and honey sauce

SERVES: __

MISE EN PLACE: __ MINUTES

COOK: __ MINUTES



Ingredients

- 1 duck
- 4 tablespoons of oil
- 1 carrot
- 2 onions
- 3 oranges
- 2 teaspoons of honey
- Parsley, pepper, salt

Directions

_____ the oven to 190 ° C. Firstly, _____ the carrot into small pieces and _____ the onion. _____ the oil in a pan and _____ the vegetables for about 10 minutes. When they are ready, place them with the duck in a roasting tin and put in the oven. _____ the duck for about 1 hour 15 minutes. Next, _____ the juice from the oranges and mix it with the honey. When the duck is ready, place it on a serving plate and decorate with parsley.

Notes: