

We had an email from a Polish gentleman saying he loved the site, but struggles with English. So we've added multi-lingual support. So here is a Polish Sunday lunch classic.

This is as simple and easy to roast a duck at home as a chicken. This popular, traditional Polish dish goes down nicely with a bottle of dry red wine

Ingredients:-

2 kg (4½ lb) duck

2 medium sized apples

2 tablespoons chopped fresh marjoram

3 cloves garlic, crushed

1kg (2lb 3oz) small potatoes

1 tablespoon caraway seeds

Method:-

(1) Preheat the oven to 240C (475F).

(2) Rinse the duck with water and pat dry. Wash, peel, core and chop the apples into small chunks and stuff the cavity of the duck. Rub the skin well with the marjoram, the garlic, and salt and pepper. Place on a large plate, cover, and leave to stand for 45 minutes to marinate.

(3) Place the duck in a roasting tray. Collect any marinade left in the plate, and add some more water to make up one cup of liquid. Pour this liquid around the duck in the roasting tray.

(4) Roast the duck uncovered for 10 minutes, then reduce the heat to 160°C (325°F) and cook for 2

hours. Every half an hour or so use a fine skewer to pierce the duck skin with holes to release its juices and then baste the duck with the liquid that collects in the bottom of the pan.

(5) Clean the potatoes and cut into halves or quarters (there is no need to peel them). When the duck still has about an hour to cook, salt the potatoes, place them in the tray with the duck and sprinkle with caraway seeds. They should start to fry gently in the duck fat. When you next baste the duck, turn the potatoes, making sure they are well covered with the duck juices. Add another sprinkle of caraway seeds if you like.

The duck should be so well cooked that it can be easily pulled apart and served in chunks.

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