

# Young Duck with Red Cabbage (kachna s červeným zelím)

## Ingredients

### Duck

- 1 apple tart
- 1 orange
- 2 Tbs bacon chopped
- 1 duck (approx 3 lbs)
- salt & pepper

### Cabbage

- 1 small red cabbage head
- 3-4 Tbs bacon fat
- 1 bay leaf
- salt

## **Instructions**

### **Duck**

1. Peel the apple, core and quarter.
2. Peel and slice the orange.
3. Put these inside a clean washed duck along with the chopped bacon.
4. Rub the duck with salt and pepper.
5. Put it in the roasting pan and roast in a 350° oven.
6. Baste often with its own fat, roast for 1 hour and when the meat is tender raise the oven temperature to 400° to crisp the skin which should be golden brown.

## **Red Cabbage**

1. Cut the red cabbage in half, take out the core and finely shred the cabbage.
2. Sprinkle with salt and let stand, covered in an earthenware bowl for a couple of hours.
3. Squeeze the cabbage dry.
4. Heat in a deep saucepan the bacon fat, put in the cabbage, add the bay leaf but no water.
5. Cover saucepan and steam at a low heat for about 3/4 of an hour.