

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.